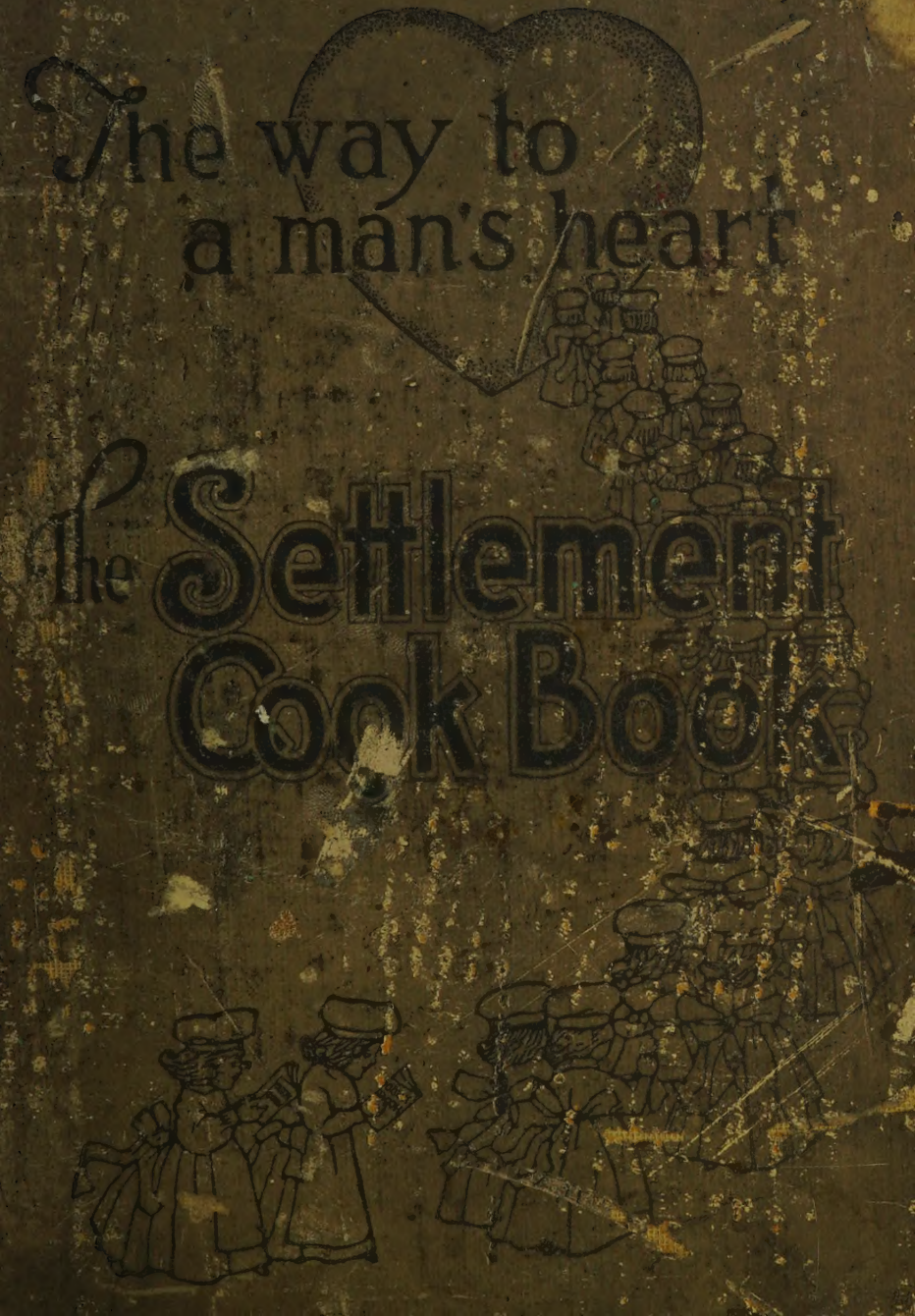
The way to a man's heart



The Settlement Cook Book

THE SETTLEMENT COOK BOOK

Compiled by

MRS. SIMON KANDER

TESTED RECIPES

FROM

The Settlement Cooking Classes,
The Milwaukee Public School Kitchens,
The School of Trades for Girls,
and Experienced Housewives

Eighteenth Edition—Enlarged and Revised

The Settlement Cook Book Co.
MILWAUKEE

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THE SETTLEMENT COOK BOOK

Very Truly Yours
Mrs. Simon Kander

THE SETTLEMENT COOK BOOK

CHAPTER I

HOUSEHOLD RULES

HOW TO MEASURE

All measurements should be made level or flat.

Accurate measurement is essential to insure good cooking.

A half-pint measuring cup, with fourths and thirds indicated, is the standard.

Standard measuring spoons may be bought in sets consisting of ¼, ½ and 1 teaspoon and 1 tablespoon.

TABLE OF WEIGHTS AND MEASURES

60 drops	= 1 teaspoon	Butter the size of an egg	= ¼ cup
3 teaspoons	= 1 tablespoon	1 pound brick butter	= 2 cups
1 rounded tablespoon	= 2 tablespoons	4 tablespoons flour	= 1 oz.
4 tablespoons	= ¼ cup	2 tablespoons butter, sugar or salt	= 1 oz.
16 tablespoons	= 1 cup	1 square bitter chocolate	= 1 oz.
2 cups	= 1 pint	1 oz. chocolate	= ⅓ cup cocoa
2 pints	= 1 quart	1 cup raisins	= 6 oz.
4 quarts	= 1 gallon	1 lb. walnuts in shell	= ½ lb. shelled
8 quarts	= 1 peck	1 lb. pecans in shell	= ½ lb. shelled
4 pecks	= 1 bushel	1 cup walnuts shelled	= ¼ lb.
16 ounces	= 1 pound	1 cup pecans shelled	= ⅓ lb.
4 cups flour	= 1 pound	1 cup almonds shelled	= ¼ lb.
3 cups corn meal	= 1 pound	⅓ cup blanched, chopped almonds	= 1 oz.
2 cups granulated sugar	= 1 pound	1 peck potatoes	= 15 pounds
2⅔ cups powdered sugar	= 1 pound	1 bushel plums	= 50 pounds
2⅔ cups brown sugar	= 1 pound	1 bushel pears	= 48 pounds
2 cups solid meat	= 1 pound	1 bushel peaches	= 48 pounds
9 medium sized eggs	= 1 pound	1 bushel apples	= 44 pounds
2 cups solid butter	= 1 pound		

TO MEASURE DRY INGREDIENTS

A cupful is a measuring cup filled LEVEL or even with the ridge marked 1 cup. To measure dry ingredients, such as flour, and sugar, fill lightly with a spoon, taking care not to shake the cup.

A spoonful is a spoon filled LEVEL with the top. First sift the

material into the bowl, dip in the spoon, lift it slightly heaping, and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

Half a spoonful is obtained by dividing through the middle lengthwise. For ¼ spoonful divide the half, crosswise, for ⅛, divide the ¼ crosswise.

A speck or a few grains of anything is what will lie within a space ¼ inch square.

TO MEASURE BUTTER

No. 1—To measure butter or fat, pack solidly into cup or spoon and make level with a knife. If very hard, soften by leaving it in a warm place for awhile, or cut into small pieces before measuring.

No. 2—When a recipe calls for a part of a cup of butter or lard, fill a cup with cold water and pour out as much as the amount of butter required, for example, if you need ¼ cup of butter, fill measuring cup ¾ full of water, then add butter until water reaches the line indicating 1 cup. Pour off water and take out butter.

To Measure Brick Butter—Cut 1 lb. of brick butter or lard in half crosswise, each square equals one cup. Cut each square in half for half cups. Cut into four equal parts for one-fourth cup. Cut each fourth into four equal parts and each part equals one tablespoon.

To cut brick butter, cover blade of knife with wax paper or dip knife in very hot water, or saw through with string.

LIST OF UTENSILS FOR KITCHEN

Tea kettle.
Double boiler.
Kettle for stewing or deep frying.
Sauce pans, 4 sizes.
Pudding dishes.
Covered roasting pan.
Dutch oven.
Pressure cooker.
Mixing bowls, about 5.
Chopping bowl of wood.
Bread board.
Rolling pin.
Flour sifter.
4 bread pans.
2 pie tins.
2 coffee cake pans, shallow.
3 layer cake tins.
1 angel cake tin.
1 spring form.
1 round fluted cake form.
1 muffin pan.
Ring mould.
Melon mould.
Iron or aluminum frying pan.
Waffle iron.
3 strainers, small, medium and large.
Pancake griddle.
Pancake turner.
Coffee pot.
Tea pot.
Granite water pitcher.
Food chopper.
Salt box.
Dish pan.
Dish drainer.
Sink strainer.
1 glass measuring cup.
1 granite measuring cup.
Quart measure.
Measuring spoons.
Table and tea spoons.
1 grater.
Cookie cutters.
Potato masher.

Dover egg beater.
Wire egg beater.
Apple corer.
Spatula.
Basting and wooden mixing spoons.
2 long handled forks.
2 vegetable knives.
Kitchen knives and forks.
Bread knife.
Carving knife.
Can opener.
Lemon squeezer.
Large ladle.
Pastry brush.
Funnel.
Soup skimmer.
Roll of paper toweling.
Package oil paper.
Garbage can.
Scrub pail.
Covered glass brick butter dish for the ice box.
Oven glass or porcelain casseroles.
Syrup pitcher.
Tin box or stone jars with cover for storing bread.
Tin sugar canister.
Colander.
Scissors.
Ice pick.
Wire rack for cooling cake.
6 pint glass jars for storing supplies.
6 quart glass jars for storing supplies.
Flour, sugar and salt dredgers.
Wire broiler.
Spice box.
Small glass covered spice jars.
Floor mop.
Broom.
Whisk broom.
Vegetable brushes.
Waterless cooker.
Cream whipper.
French vegetable cutters.
Timbale moulds.
Grapefruit knife.
Bottle opener.
Cork screw.
Square covered ice box dishes.
Baking Sheet for Cookies.
Scale.
Steamer.

The Waterless Cooker—The Waterless Cooker is a large, tightly covered steam kettle with fitted pans for cooking a complete meal at one time over one burner. It is made of aluminum and steel, constructed so that the bottom of the kettle does not rest directly on the flame. It pot roasts meat, cooks vegetables and fruits in their own juices so they retain all their nutriment and their natural flavor. It can be made so hot that it will sear meat and make the toughest cuts tender by long, slow cooking, without danger of burning or scorching. It needs no watching or stirring.

Dutch Oven—A Dutch Oven is a flat deep iron spider with a tight fitting iron cover, that fits over one burner on the top of a stove.

It pot roasts meat or fowl in their own juices, without adding water, by long, slow cooking which requires no watching.

Spring Form—A spring form is a deep round cake pan with removable sides, used in baking torten. The cake is served from a large plate, but may remain on the bottom of spring form in which it was baked.

Steamer—A steamer is a covered kettle with a perforated tray, upon which the food is placed either directly or in a separate dish. The water should never reach above the tray and should boil slowly, allowing steam to rise through the holes. Greater food value is retained and more mineral salts are saved by steaming.

Proper Dress for the Kitchen—Jewelry should not be worn in the kitchen. Wear a cotton wash dress or a cover-all apron with a pocket for a handkerchief.

Have a small hand towel that buttons on band of dress or apron.

Have two pot holders, fastened together with tape and attach to dress or apron.

Wear washable cap that covers the hair.

Washing Hands—Wash hands before beginning work and have finger nails clean. If fingers become sticky or covered with dough, wash and dry before finishing work. Never lay handkerchief on table, or keep it in the hand. If necessary to use it while cooking, wash hands before taking up work. Never lick your fingers or wipe them on the dish towel.

Do not taste from the mixing spoon; pour from the mixing spoon into a teaspoon and taste from this. Do not taste from a spoon or drink from a glass or cup that has been used by another person, without first washing it. Do not blow on food to cool it.

SETTING THE TABLE

The Table should be placed in the middle of the dining room, with the center placed directly under the central light.

Silence Cloth—Cover the table with a silence cloth of felt padding, Canton flannel or asbestos. Over this spread a spotless table cloth envenly, the middle crease dividing the table exactly in half.

For breakfast, luncheon or supper, doilies, (on padded mats for hot plates, may be used instead of a cloth.

The Center Decoration should be low. Place everything straight upon the table, as neat and attractive as possible. Avoid crowding dishes.

A Cover consists of plates, glasses, silver and napkin to be used by one person. The "covers" should be directly opposite each other, allowing twenty-five to thirty inches from plate to plate.

Heat Dishes in which warm food is served, and *chill dishes* for salads and ices.

Service Plate—This plate should be placed one inch from the edge of the table and should remain in place until the salad is served. On the service plate is placed the plate containing the cocktail glass for fruit or oysters, the appetizer, the bouillon cup or soup plate and the hot plate for the main course.

The Knives—Sharp edges toward the plate, are placed to the right, followed by the soup spoon, bowl turned up, with the cocktail fork at the extreme right end.

The Forks—Tines turned up, are placed to the left of the service plate.

The Spoons—Bowls turned up, handles to the right, are placed above the service plate, the after-dinner coffee spoon being nearest the plate. All silver should be placed in the order in which it is used, beginning farthest from the plate and continuing toward the plate.

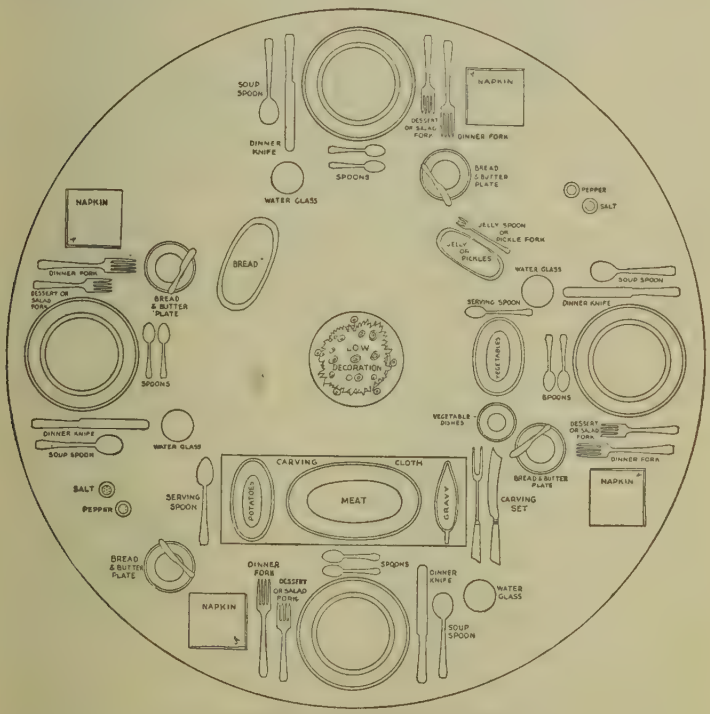


TABLE SET FOR INFORMAL MEAL

The Water Glass should stand a short distance from the point of the knife.

The Bread and Butter Plate—At the top and a bit to the left of the forks, the spreader on the plate, edge turned in and handle slanting toward the right.

The Napkin is placed to the left of the forks with the fold at the top, the hemmed edges parallel with the forks and the table edge.

Silver for the dessert course is not put on with the other silver at a formal dinner, nor are more than three forks laid. Additional silver is brought in with the salad or dessert, either on the plate or placed from a napkin or tray at the right of the plate.

Individual Salt and Pepper Sets are placed above each plate, or between each two covers.

Side Board and Serving Table are used to hold all extras which may be needed during a meal. All silver for serving should be laid out on the serving table.

DIRECTIONS FOR SERVING

A simple unpretentious menu of sandwiches and coffee or lemonade and cookies, may be made just as attractive and enjoyable as the most elaborate, provided the hostess has made the necessary preparations and is therefore at ease.

Where There Is No Maid—All the food belonging to one course is placed on the table in platters or suitable dishes before the person who is to serve. The number of plates necessary may be in a pile directly in front of the server, or the plates may be passed from each individual.

When Guests Are Expected—Set the table, prepare the salad and dessert early. Half an hour or more before the dinner hour, finish cooking each article to be served hot and place it in double boiler over boiling water. Leave meat and rolls in oven, lowering the heat.

Platter Service—By this method everything pertaining to a complete course is served at one time, from one large platter.

The main course consisting of meat, potatoes and vegetables with appropriate garnishes, is artistically arranged and served piping hot to each guest from the one dish.

The salad course, with its wonderful possibilities for bringing out pleasing combinations in taste and color is served icy cold, also from a large platter.

The dessert course, consisting of some rich torte, ice box cake or pudding is served at the table by the hostess from an apporpriate platter.

Sometimes the dessert is served individually as is also the first course. The number of courses served depends on the occasion and the expense to be incurred. No food should appear on the table. Buttered rolls and relishes are served with the main course, wafers with the salad course, small cakes with the frozen desserts, and nuts and candies at the end of the meal.

Any number of guests may be served in this manner provided a proportionate amount of help is supplied in the kitchen and dining room. One waitress can easily serve six people.

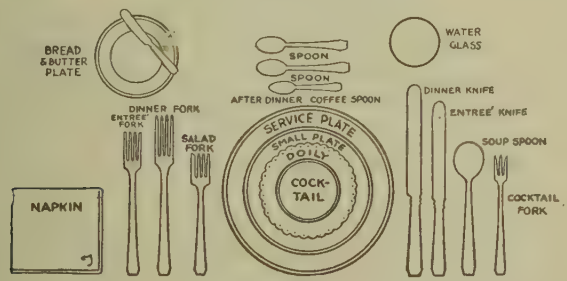
Individual Service—A simple way of serving large groups of people is by the individual service. Small portions of everything belonging to one complete course are artistically arranged on individual plates in the kitchen, and served to each person.

Buffet Service—A buffet luncheon or supper is an informal affair at which large numbers may be easily served. A long, narrow table or a board, covered with a white cloth, is placed at one side of the dining room. The food is attractively arranged on serving platters or bowls on this table.

One hot dish and one hot drink may be served to the guests, otherwise they help themselves or each other.

Assisting hosts or hostesses carve the fowl, ham or other meat not already cut.

If the guests are seated around the room, the necessary plates, and the silverware rolled in a napkin, for each guest, are placed on the buffet. If small tables in the dining or living room are used, these are set as for any other service.



INDIVIDUAL COVER FOR FORMAL OCCASIONS

Where There Is a Maid—The table is set with a plate and silver for each person. The platter or dish containing the main course is placed before the host, who serves the first portion on the plate before him. While the host is carving, the waitress takes an extra plate from the serving table, holds it in her left hand and stands to the left of the server. She removes the filled plate, places the extra plate before the server, and passes the plate with the food to the first person to be served, at the same time taking the empty plate from this place. She brings this empty plate back to the server, removes the second filled plate, replacing it with

the empty plate, and continues in the same manner until everyone is served. The extra plate is then set aside.

Russian Service is for formal occasions only, where several waitresses are employed. No food, except candy, nuts and relishes appears on the table. All serving is done from the pantry or serving table. Each plate may be brought to the table with a portion of the main dish of the course or the plates are set down empty and the food passed on well arranged platters from which the person helps himself, as on page 8. The waitress removes one plate with the right hand and places the plate for the next course with the left hand, the table never being without plates until it is cleared and crumbed before serving the dessert.

When finger bowls are used before the dessert course, a plate containing a doily, finger bowl half filled with tepid water, and dessert silver is placed before each person, who removes the doily and finger bowl to the left, leaving the empty plate. Sometimes the finger bowl service is brought in after the dessert course, before the crackers and cheese and coffee are served.

WAITING ON TABLE

Uniform of Waitress—The waitress should wear a uniform; her hair, collar, cuffs, apron and hands should be trim and spotlessly clean. She should be quiet and orderly in her movements.

A Waitress stands at the left of each person, whether she is passing a dish from which one helps himself or placing or removing a plate.

In passing individual portions, side dishes and all beverages from which the person does not help himself—the waitress sets these down slowly and easily from the right hand side.

All soiled dishes should be removed from the side from which they are served.

Plates should be placed and removed one at a time.

When exchanging, passing or placing a plate, the thumb should never touch the upper surface. Use the left hand when placing or removing one plate. If removing and placing, use the left hand for the plate containing food and the right hand for the empty plates.

In passing dishes from which a person helps himself, have a squarely folded large napkin or service doily in the palm of the left hand under the dish, with the serving silver conveniently placed.

The folded napkin is used under all dishes containing food but not otherwise.

A tray, with a doily, is used in passing or removing sugar and cream, or salt and pepper.

ORDER FOR SERVICE

The host sits at the head of the table near the entrance door, the hostess directly opposite. The guest of honor, if a man, is seated at the right of the hostess; if a woman, at the right of the host. Serve the hostess first and continue toward the right. The next course should be served toward the left, that no side be always served last. At a formal dinner two waitresses are serving, one from the hostess to the right, the other from the host to the right.

CLEARING THE TABLE

When the main course is finished, remove all dishes containing food first; the platters, vegetable dishes and smaller serving dishes, not taking the silver from them; next the individual cover, consisting of the large plates and the butter plates, then the sauce dishes, if any, and last of all the clean plates and silver not used.

Do not remove cutlery or silver from dishes.

Do not pile dishes one upon the other.

Before serving the dessert, remove salts and peppers, relishes and all other dishes. Remove all crumbs with a folded napkin, brushing them on a plate or crumb tray.

After the meal is over and the family or guests have left the dining room, all knives, forks and spoons should be collected, also glasses, cups and saucers and dessert dishes.

Scrape off the dishes—never set any food away on the dishes used for serving and remove to the place where they are to be washed. Brush the crumbs from the cloth and fold it carefully in the old crease, as it lays on the table. If the napkins are used again, place them neatly folded in their individual rings.

Brush the crumbs from the floor. Arrange the chairs in their places.

Never sweep or dust the dining room just before a meal.

WASHING DISHES

Scrape all waste portions of food from dishes, empty and rinse cups.

Arrange all articles of each kind together; plates by themselves, the largest at the bottom; cups by themselves; silver articles together, and steel knives and forks by themselves.

Soaking Dishes—If possible, saucepans and other cooking utensils should be washed as soon as used; or fill them with water as soon as emptied.

Handles of knives and forks, if of wood, bone, ivory or pearl, should not be put into water, as they are apt to split. They should be wiped with a wet, then with a dry cloth.

Cold water should be used for soaking dishes which have been used for milk, eggs and starchy foods. Hot water for dishes used for sugar substances and for sticky, gummy substances like gelatine. Greasy dishes of all kinds, including knives, are more easily cleaned if first wiped with soft paper, which should be burned.

Order:—(1) Glassware; (2) Silver; (3) Cups and saucers; (4) Plates; (5) Platters, vegetable dishes, etc.; (6) Cooking utensils (if not washed first).

To Wash Dishes—Have a pan half filled with hot soapy water. Slip glasses and fine China in sideways, that the hot water will touch outside and inside at the same time, and thus avoid danger of cracking. If dishes are very dirty or greasy, add a little washing soda, ammonia or soap.

Rinse all dishes in clean hot water (except cut glass), drain and wipe with clean, dry towels.

Draining Dishes—As the dishes are washed, place them in order in a wire dish drainer. Rinse by pouring boiling water over them. Let drain and they will need almost no drying.

A wheel egg-beater should not be left to soak in water. Keep the handles clean, wipe the wire with a damp cloth immediately after using.

Kitchen knives and forks should never be placed in dish water. Scour them with brick dust, using a dampened cork or a piece of raw potato. Wash with dish cloth, and wipe them dry.

Tinware, granite, ironware should be washed in hot soda water, and if browned, rub with ammonia powder, salt or baking soda. Use wire dish cloth if food sticks to dishes.

Never use washing soda on aluminum. Use steel wool.

Keep strainer in sink, and pour all dish water, etc., in it, and remove contents of strainer, wrap in paper, place in garbage pail.

Wash towels and cloth or mops with plenty of soap, and rinse thoroughly every time they are used.

Hang towels up evenly to dry. Wash dish cloths.

When scrubbing, wet brush and apply soap with upward strokes, working with the grain of the wood; rinse and dry.

Wash dish pans, wipe and dry.

Wash your hands with white soap, if you wish to keep smooth hands, and wipe them dry.

Wash teakettle; polish faucets; scrub sink with clean hot suds.

CARE OF SILVER

Silver should be washed in clean, hot, soapy water; rinsed with boiling water, drained and wiped dry as soon as possible.

When silver is tarnished, wet a little sifted whiting with ammonia. Apply with a soft cloth, let stand on a paper to dry, then rub off the whiting with a soft cloth and polish with a second cloth or chamois.

Silver tarnished by egg should be cleaned immediately after washing. Use soft brush for ornamental pieces.

Never put silver on or near rubber. Warm food served in silver dishes over hot water, never put directly on stove.

Prepared silver cleaning cloths, to rub off tarnish, may be bought from the jewelers.

CARE OF THE SINK

When dish-washing is finished, wash every part of the sink with hot, soapy water. Wash above and around the sink. Use a skewer to clean behind the sink pipes.

Flush the sink with boiling water every day and about once a week with a strong solution of washing soda.

CARE OF THE DINING ROOM

See that no food is left uncovered in the room and that all movable furniture is set aside. Use the carpet sweeper after every meal. Dust the floor with an oil mop. Always sweep a floor before washing or scrubbing it. Sweep from the edges of the room toward the center, turning the broom edgewise to clean cracks.

Wipe varnished woodwork with an oiled cloth. Then rub with a soft, dry cloth.

Wash painted woodwork with clear, warm water. If very dirty, use pure white soap.

TO REMOVE GREASE FROM FLOOR

When grease drops on the floor, throw ice cold water on it immediately to harden the grease so it will not soak into the wood.

TO PICK UP BROKEN GLASS

Small pieces of broken glassware may be picked up from floor or other hard surface with dampened, absorbent cotton.

CARE OF VACUUM CLEANERS

Use vacuum cleaner on carpets once a week. Oil vacuum cleaner once a month. Remove dust from bag after every sweeping.

DUSTING A ROOM

Begin at one corner and take each article in turn as you come to it. Dust from the highest things to the lowest, taking up the dust in an oiled cloth.

Dust the woodwork, furniture and movable articles with a soft, oiled cotton cloth, and when soiled, wash.

AIRING A ROOM

Lower the upper sash of a window to let out the foul air, which always rises to the top.

Raise the lower sash of an opposite window of same or an adjoining room, to admit fresh air.

This will create a draft, that will thoroughly air the room.

Bed room windows should always be open at night from the top.

CARE OF THE REFRIGERATOR

Do not leave door open longer than necessary. Do not place hot or warm food in refrigerator. Keep food well covered in enamel, china or glass ware, or wrapped in wax paper or damp cloth.

The temperature in a refrigerator should be between 40 and 50° F., never above 50°. As air in food compartment circulates from bottom toward top, the coldest spot is at the bottom. Place milk, butter, fresh meats, soup stock at the bottom. Strongly flavored foods as fish, cheese, canteloupe, onions, etc., should be placed near the top.

In an iceless refrigerator defrost the freezing compartment when it becomes too heavily coated with ice by stopping all operations until the ice is melted. Empty pan that catches the melted ice. Oil once a month according to manufacturer's directions.

Where natural ice is used, the ice chamber should never be less than half full. This will insure a temperature not exceeding 50° F. To clean refrigerator, dissolve 2 tablespoons of washing soda in 2 gallons of water, and pour while hot, down the pipes and drain, once a week, then rinse with boiling water.

TO MAKE SOAP

5 lbs. lukewarm melted grease
1 can (pound can) lye
1 quart cold water
3 teaspoons borax
1 teaspoon salt
2 tablespoons sugar
½ cup cold water
¼ cup ammonia

Fats that are not fit for food may be made into soap. Dissolve the lye in cold water and let stand until cool, then add the fat slowly, stirring constantly. Mix the other ingredients together and add to the first mixture. Stir the whole until thick and light colored. Pour into a pan lined with cloth. Mark into pieces of desired size before the soap becomes hard. When hard, break pieces apart and pile in such a way that soap may dry out well.

WINDOW BOX FOR KEEPING FOOD COOL

The box is fitted to the outside of pantry or kitchen window, northern exposure preferred. It rests on window sill and if deeper than sill, is supported by brackets.

It is fastened to window casing with strong nails or screws near top and bottom of each end of box. The box should be as high as lower sash, have sloping top, holes for ventilation at sides, (screened), and shelves resting on cleats. Raising the window gives access to the box. A sash curtain will conceal it from the room.

REMOVING STAINS

When possible remove all stains while they are fresh.

If a stain has been overlooked and washed in, it is difficult to remove and should be bleached on the grass.

Blood Stains—Wash in cold water until the stain turns brown, then rub with Naptha soap and soak in warm water.

A paste of cold raw starch applied several times will remove stain from thick goods.

Brass Stains—Rub either lard or olive oil on the stain, then wash with warm water and soap.

Fruit and Coffee Stains—Stretch the stained part over a bowl, and pour boiling water through it from a height until the stain dissappears. If stain remains, hang material in sun to dry.

Tea and Chocolate Stains—Soak them in cold water and borax and then apply the boiling water as for coffee stains.

Milk Stains—Wash them out while fresh in cold water.

Glue Stains—Apply vinegar with a cloth.

Grease Stains—Place a blotter or unglazed brown paper under and over the stain and iron with a warm iron.

Grass Stains—Apply ammonia and water at once, or wash with Naptha soap and water. If colors are delicate, sponge with denatured alcohol.

Ink Stains—Soak in sweet or sour milk, or wet stains in oxalic acid and rinse.

Mildew Stains—If the stain is not too old it may be removed by applying soft soap and powdered chalk, keeping it moist and laying it in the sun.

Rust—Soak spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, until stain disappears. Rinse thoroughly. Should be used on white material only.

Old Tea and Coffee Stains—Wet spot with cold water; cover with glycerine, let stand 2 or 3 hours. Then wash with cold water and hard soap. Repeat if necessary.

Cleaning Old Carpets—Sprinkle with pieces of newspaper, wrung out of water. Sweep thoroughly, wipe over with a cloth wrung out of water to which a few spoonfuls of ammonia have been added.

To Remove White Spots from Furniture—Dip a cloth in hot water nearly to the boiling point. Place over spot, remove quickly, and rub over spot with dry cloth. Repeat if spot is not removed.

TO START A WOOD AND COAL FIRE

Remove ashes in fire box, brushing off the top of the oven under the covers; put in crumpled paper, bits of wood, and then larger wood. If a coal stove, sprinkle with a little fine coal or charcoal. Have all drafts open; replace covers. Light the paper and as wood settles down, add coal little by little until the fire-box is filled. When the blue flame of coal disappears, close the dampers, and open the dampers again when more coal is added. When the coal is red it is nearly burned out. To keep a fire several hours, shake out the ashes, fill with coal, close the dampers and partially open the slide above the fire. For continual use it is better to add a little fuel at a time, but not in the midst of baking. For soft coal, keep the chimney damper partially open to allow the soot and smoke to escape. Remove ashes every day.

DIRECTIONS FOR USE OF GAS RANGE

To Light the Gas—Turn the stop cock, let the air out of the pipe for two or three seconds, hold lighted match to center of burner, slightly above burner, or press self lighter. If flame burns yellow and smoky, there is not enough air admitted. Turn off the gas, after a few seconds, light again. Flame should be blue.

To Light the Oven—Open oven door, turn on pilot, light, then turn on the burner cocks, when lit all along the row, turn off pilot. Close oven door. Where there is no pilot, hold match directly under burners. The oven should get hot in five minutes.

To Economize on Gas—Do not light gas until you are ready to use it. Put it out when you take the things from the stove. As soon as the food begins to boil, lower the flame.

To Clean Stove—Do not use blacking. When dry and still warm, and gas is all turned off, wipe off the stove with a cloth dampened with kerosene. Plunge a wire into the burner holes occasionally to free them from dirt. Wash wire rack and drip-pan after roasting or broiling. Porcelain enamel parts should be cleaned daily.

To clean burners of stove, boil for 10 minutes in 2 gallons of water, into which 2 tablespoons of washing soda have been dissolved.

DIRECTIONS FOR USE OF OIL STOVE

Oil stoves have from one to four burners.

Baking is done in a portable oven placed above the burners.

There are two types of oil stoves, those with wicks either cotton or asbestos and those without wicks. Those with wicks are preferable.

To Light Burners—When lighting the stove raise the chimney or drum, apply match to wick or asbestos in several places all around the circle. Lower chimney. Regulate wick or burner, turning the pointer or other device. The flame must be blue, not yellow. Greatest heat is obtained in stoves where the flame spreads directly under the cooking utensil.

To Clean—Wicks, wick tubes and burners must be kept clean and should be wiped with a soft cloth before each using, not cut. The asbestos type of wick must be scraped.

Burners and wicks should be removed once a week and boiled in a solution of washing soda and water, then thoroughly dried, in the sun if possible. The oil reservoir should be cleaned and filled regularly.

DIRECTIONS FOR USE OF ELECTRIC RANGE

The electric range is furnished with two or more hot plates for the top of the range, and oven units for the oven and broiler.

Each of the hot plates or units is controlled by a snap switch which is placed on the front of the range, indicating the various degrees of heat, known as High, Medium and Low.

Hot Plates are either open or enclosed and are used for boiling, stewing, broiling or frying. The plate should be turned on High heat for about ½ minute to heat, before putting on cooking vessel. From 5 to 15 minutes before food is cooked turn off switch, thus taking advantage of the heat that will continue to cook the food for that length of time.

Broiler and Oven—The broiling oven has one unit at the top for broiling and toasting. Turn this switch to High heat for about 10 minutes, before placing in food.

The baking oven has a top and a bottom unit. For best results, turn both switches to High heat, for 10 minutes, then cut down to Medium at bottom unit and off at top.

Angel, Sponge and Sunshine Cakes are placed in a cold oven, bottom unit is turned on High heat for 10 minutes, then down to Low.

TO REGULATE OVEN HEAT

To insure uniform results in baking, degrees of heat must be measured as well as the ingredients that go into the mixture. Gas stoves may be bought with oven heat regulators which when set at a desired degree, will automatically remain at that point. A slow oven meal may be cooked in the oven of a gas, or electric stove and can remain there three to five hours if the oven heat regulator is set at a low degree of heat.

With a Portable Thermometer—If stove has no oven heat regulator, or a stationary thermometer, buy a good portable oven thermometer. Set upright on floor of a cold oven six inches back from door, at right or left side, according to best light. If low grate interferes, insert thermometer sideways through grate. Light oven and let heat slowly until the desired degree of heat is reached as indicated by the thermometer. Then reduce flame so it will remain at that point 3 or more minutes. Place food to be baked in the oven. The mixture, being cold, will cool the oven somewhat, so turn the gas a little higher and watch the thermometer a few minutes, until it again reaches the required heat. Then lower the flame, look into the oven occasionally and if necessary, regulate the flame so that it remains at that degree until the bread, cake, pie, meat or other food is baked or roasted.

With an Oven Heat Regulator—Simply push the handle or pointer of the regulator to whatever degree of heat the recipe calls for or what, from your own experience, is the best degree. Open the lower door and light the oven burners. Close door. Let burn 5 to 12 minutes, or until oven has reached the right degree of heat. Place mixture in oven and leave it alone until done, according to the length of time specified for that particular recipe.

It takes 5 minutes for temperature to reach 200 to 350° F.
It takes 7 minutes for temperature to reach 350 to 400° F.
It takes 10 minutes for temperature to reach 400 to 450° F.
It takes 12 minutes for temperature to reach 450 to 500° F.

Bread, biscuits or cake will brown quicker, if made with milk than if mixed with water.

Wherever possible, in the recipes, the temperatures in degrees Fahrenheit have been inserted, but in those recipes in which they do not appear, the following equivalents of the various degrees of heat will be found useful.

225° F. is a very slow oven.
250-300° F. is a slow oven.
300-350° F. is a moderate oven.
350-400° F. is a hot oven.
400-450° F. is a quick oven.
450-500° F. is a very hot oven.
525° F. is the broiling temperature.
550° F. is the searing temperature.

HOME MADE FIRELESS COOKER

Materials:

A large wooden butter tub, candy pail or any box with cover.

Newspapers, cut in large squares and crumbled into hard balls, for padding (to keep heat in.)

Granite or aluminum seamless cooking kettle, with straight sides and closely fitted cover.

Any old kettle, with straight sides, size larger than cooking kettle. (Space for stone or radiators and cooker kettle—stone or radiator for roasting or baking.)

Flour sack or any washable cloth for pillow for top.

Box, tub or pail must be large enough to allow 2 or 3 inches of space for padding, at bottom, top and around sides of kettle.

Pack the paper balls solidly 3 inches deep in bottom of box, pail or tub, place old kettle on top, exactly in the middle, slip in cooking kettle, cover, then pack paper balls solidly in space around old kettle. Make pillow to fit top of box, tub or pail cover, fill with paper balls, tie or sew up.

If old kettle is not at hand, take large piece or pieces of pasteboard, place a piece on bottom, then fit around outside of cooking kettle, sew up at side, allowing space for cooker kettle to slip in and out easily.

TO USE FIRELESS COOKER

Place food in cooker kettle, bring to the boiling point on stove, fasten cover tight, then put it in the fireless cooker, close cooker.

In preparing small quantities use small vessel or vessels, heat to boiling point, place in cooker kettle, containing boiling water.

For roasting, heat radiator over fire 10 to 15 minutes, or just long enough to cause a drop of water to sizzle. Close cover lightly to allow steam to escape and help cook the food.

For baking cake as in ordinary ovens at moderate heat, have radiators hot enough to brown a pinch of flour in ½ minute. Allow cake to remain in cooker, longer than in regular oven.

Leave cooker open to air, several hours after using. Never close cooker tightly when not in use.

RECIPES FOR FIRELESS COOKER

Cereals:

Follow rules for cooking cereals, page 36, boil over fire 5 minutes, place vessel, well covered, in cooker kettle containing boiling water, let remain 4 or 5 hours or over night.

Soups

Soups are prepared as usual, only no allowance should be made for evaporation. Boil twenty minutes on the stove, put in the cooker five or six hours or all night, the next morning add vegetables to flavor, cook five minutes more, return to cooker and let remain until noon.

Boiled or Stewed Meats

Season meat with salt, pepper, roll in flour and place in hot, greased frying pan; brown on both sides. Cover with boiling water, boil steadily and slowly from ¼ to ½ hour or until meat is hot in center. Boil hard with cover for a few seconds, then slip in fireless cooker and allow it to remain 6 or more hours or over night, according to the weight.

Roast Meats or Chicken

Prepare and season meat in the usual way. Place in large dry vessel; put very hot radiator in bottom of cooker well, place vessel containing roast on radiator and place another very hot radiator on top. (It may be suspended to cover inside of vessel if there is room.) Close cooker and fasten. Allow it to remain about one-half hour per pound of meat. Or place either roast or chicken in hot oven for twenty or thirty minutes until well browned, then place in 4-quart kettle and place that in 8-quart kettle partly filled with boiling water. Have lids on both kettles, and when all is well heated, put into fireless cooker for three or four hours. The time in the oven and in the cooker is dependent on whether the roast is liked well done or rare, and on the size and age of the chicken.

Vegetables

Follow rules for vegetables, page 199. Place vegetables in vessel with small quantity of boiling water, boil over fire 5 to 10 minutes. Place in cooker, using radiator in bottom of space or well. Let stand 3 to 4 hours. Remove from cooker when ready to serve. Season to taste and cover with any desired sauce.

Dried Fruits

Wash; cover with cold water. Let stand overnight. Sweeten to taste. Place on hot stove and boil five minutes. Place in cooker without removing the cover, for five or six hours. When done, remove fruit to dish, boil syrup ten minutes and pour over the fruit.

Dried Beans or Peas

Soak over night in cold water. Bring to a boil, drain. Cover with boiling water, boil 5 minutes. Remove to cooker 5 to 6 hours.

THE PRESSURE COOKER

The Pressure Cooker is a steam-tight kettle, in which food is cooked, and the steam that arises is not allowed to escape. This steam creates pressure, which raises the temperature and makes the food much hotter than when cooked in the ordinary way. In the pressure cooker, food cooks in one-third the time, with one-fourth the fuel ordinarily used.

The Cooker is made of heavy metal, usually aluminum. On top of the tight-fitting cover is a **steam gauge,** to register the number of pounds of pressure; a **petcock,** to allow escape of steam; and a **safety valve** to regulate the pressure automatically. The Pressure Cooker may be used on any stove, with any fuel—gas, electricity, wood, coal, oil or gasoline.

Several foods may be cooked at one time. In the bottom of the Cooker is a removable rack. On this the various foods are placed in separate dishes—pans, one on top of the other, pails, brown-bread moulds, glass fruit jars, tin cans, and the like.

The cooker may be used for steaming and stewing, boiling, roasting and frying; also for canning (See chapter on Cold Pack Canning, page 580). In emergencies it serves as an oven for baking.

The Cooker itself may be used as a kettle for cooking large quantities of food—soup, whole chicken, tongue, ham, or roasts.

HOW TO USE PRESSURE COOKER

Prepare the food in the usual way, following favorite recipes. Place in separate vessels. Fill vessels to within an inch of the brim. Where liquid is required, use a little less than in open-vessel cooking, for none boils away.

Place food in Cooker. Place rack at the bottom of cooker. Pour in water, hot or cold, to come to top of rack. On the rack, arrange the separate containers of the various foods. If three distinct kinds of food are to be cooked in separate dishes, place meat below, vegetables in the top dish, and dessert always in the middle. Covers are unnecessary.

When meat has been browned on the bottom of the cooker, arrange the rack above the meat. Then place utensils containing potatoes, dessert and vegetables on top of rack.

Place Cover on Cooker. Wipe rim of cover and cooker dry. Place the cover in position so that the broad arrow on the edge of the cover points to the arrow on the band around the cooker. Clamp cover by turning thumb screws, each one in rotation, loosely at first; then securely tighten opposite ones, using both hands.

Place Cooker Over Fire. Start with high heat. Leave petcock open. Close as soon as steam escapes. Watch pointer on steam gauge. When it reaches the desired cooking pressure, lower the heat to hold the pressure at this point.

Cook all foods from one-fourth to one-third the time required or indicated in the regular recipes. *Always count time from the moment the desired pressure has been reached.*

If it takes only a short time to reach the desired pressure, keep the pressure at that point a few minutes longer. Also, if it is possible to reduce pressure very rapidly, cook a few minutes longer under pressure.

Remove Cooker from Stove. Never open cover until the steam gauge drops to zero. Either cool cooker gradually, set in draught of open window, or pour cold water over cooker (taking care that the steam gauge is never wet). By this method, steam condenses and entire nutrition and fine flavors are saved. *When pointer drops to zero*, open petcock wide, unclamp thumb screws, lift off cover and remove food.

If corn on cob, cauliflower, or strong-flavored vegetables, such as onions or cabbage are cooked, to preserve color, let steam escape at once by opening the petcock gradually, near an open window. When *pointer drops to zero*, remove cover. Serve food.

Clean the Cooker. Wipe cooker cover dry. Never let steam gauge get wet. See that safety valve, and petcock are clean and dry, and that the openings are clear. Wash kettle thoroughly. Leave open to air.

Meats—roasts and chops—are first browned on all sides in fat in the bottom of the Cooker. When water is not added, as in roasts, steaks or chops, turn fire low until the meat juices begin to flow and steam escapes through the open petcock. Close petcock at once and run up pressure. When water is required, as in stews and soup, immediately after browning, add the water and run pressure up quickly.

Vegetables—fresh vegetables—potatoes, carrots, beets and the like—are best cooked without water.

Steamed Pudding—Boston Brown Bread and the like should steam 1½ hours, leaving petcock open.

Baking—When baking in the Pressure Cooker, put the pan with pastry or cake on the rack in cooker. Place cover on cooker but do not fasten thumb screws. Place on stove and bake same length of time as in ordinary oven.

CHAPTER II

FEEDING THE FAMILY

INFANT FEEDING

INVALID COOKERY

FOOD

Food is anything that nourishes the body. Food is necessary for growth, repair and energy. The substances comprising the body are obtained from food.

All food is changed into liquid before it can be carried about by the blood, to build up the worn-out tissues.

Digestion of Food—First step: In the mouth the food is crushed and some of the starch is changed to sugar by the saliva.

Second step: In the stomach the gastric juice dissolves the proteins.

Third step: In the intestines the bile, pancreatic and intestinal juices act upon the food.

(a) The rest of the starch is changed to sugar.

(b) The rest of the proteins are dissolved.

(c) The fat is divided into small drops and mixed all through the food, just as cream is mixed through milk before it rises to the top.

COOKING

Cooking is the art of preparing food by the aid of heat, for the nourishment of the human body. The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sauteing, braising, fricasseing and steaming.

Boiling—Cooking in boiling water. Boiling point, 212° F.

Broiling—Cooking over a glowing fire.

Steaming—Cooking over boiling water.

Stewing—Cooking for a long time in water below the boiling point. Simmering point, 185° F.

Roasting—Cooking before a glowing fire.

Baking—Cooking in an oven.

Frying—Cooking in hot deep fat, deep enough to cover article to be cooked.

Sauteing—Cooking in a small quantity of fat.

Braising—A combination of stewing and baking.

Fricasseing—A combination of frying and stewing.

FOOD CLASSIFICATION

ORGANIC

I—Protein
- 1. Albumen: Eggs, Meat, Fish
- 2. Casein: Animal: Milk, Cheese; Vegetable: Peas, Beans, Lentils, Peanuts
- 3. Gluten—Cereals
- 4. Gelatine—Bones and Fish
- 5. Fibrine—Muscle of Meat

Use—To build up tissue and repair worn out tissue.

II—Carbohydrates
- 1. Starch: Cereals, Vegetables, Fruits
- 2. Sugar: Vegetables, Sugar

III—Fats and Oils
1. Butter
2. Cream
3. Fat of meat
4. Fish
5. Cereals
6. Nuts
7. Olive Oil

Use—To furnish energy and maintain heat.

IV—Vitamins
1. Whole Milk
2. Butter
3. Egg
4. Whole Cereals
5. Fresh Vegetables
6. Greens
7. Fresh Fruit

Use—Necessary to life, growth and health.

INORGANIC

I—Mineral Matter
1. Sodium
2. Iron
3. Lime
4. Potash
5. Sulphur

Use—To build up bone and other tissue, to aid digestion, to purify the blood.

II—Water Use
1. Regulates temperature
2. Aids in carrying off waste
3. Acts as a carrier
4. Aids in digestion
5. Acts as a solvent

HOW TO FEED THE FAMILY—BALANCED RATION

A Calorie is a unit for measuring heat, just as a quart or a gallon, an ounce or a pound are units for measuring liquids and solids. The energy value of foods and the energy needs of the body are figured in calories. For the number of calories per day necessary for the average normal person see pages 26 and 27.

Vitamines promote growth, sustain and prolong life by regulating and controlling certain vital processes. They occur in foods such as milk, eggs, fruit, cereals and vegetables.

Leafy green vegetables, orange and tomato juice and the milk of cows fed on pasture, are especially rich in vitamines. Much of the vitamine content is lost in refining flour, polishing rice and in cooking certain foods. Babies are fed on orange and tomato juice to make up for the loss of vitamines caused by pasteurizing and sterilizing milk.

In planning each meal, the bulky starchy foods predominate in quantity, the preteins second, fats and sweets third, while there should be sufficient liquid to act as a dissolving and distributing agent.

Protein Foods (Tissue Builders)	Starch Foods	Sugary Foods	Fatty Foods	Fruits and Watery Vegetables	
Lean Meat	Bread	Sugar	Butter	Apples	Greens
Poultry	Crackers	Syrup	Cream	Oranges	String Beans
Fish	Macaroni	Honey	Lard	Berries	Green Peas
Oysters	Tapioca	Jelly	Drippings	Peas	Cabbage
Milk	Rice	Candy	Olive Oil	Melons	Tomatoes
Cheese	Cereal Breakfast Foods	Preserves	Cotton Seed and	Rhubarb	Turnips
Eggs	Hominy	Marmalade and similar Foods	Salad Oils	Dates	Asparagus
Dried Peas	Bananas		Fat Meat	Figs	Salisfy
Beans, Soy	Starchy Vegetables and Similar Foods		Oleomargarine	Raisins	Squash
Beans			Bacon	Prunes	Lettuce
Peas			Chocolate and Similar Foods	Apricots	
Peanuts				Carrots	
Nuts					

If one kind of food from each of the above groups is found in every meal there need be little fear of lack of nourishment, or vitamine requirements.

RECIPES PLANNED FOR FIVE PEOPLE

The recipes in this book are planned, as a rule, to serve an average family consisting of five persons.

To serve more persons, for example ten, double the ingredients in the recipe, and make some allowance for the additional bulk, in the length of time required for cooking or baking.

TABLE OF FOOD VALUES IN THE DAILY DIET

CALORIES NEEDED PER DAY

The number of calories needed depends upon the weight, age and occupation of the individual.

Child	2- 6	requires	1000-1600	calories	per	day
Child	6-12	"	1600-2500	"	"	"
Youth	12-18	"	2500-3000	"	"	"
Man		"	2200-4000	"	"	"
Woman		"	2000-3000	"	"	"

FOOD	Weight Ounces	Approximate Measure	Protein Grams	Fat Grams	Carbohydrate Grams	Calories
Bread						
White	1.1	2 ⅓-inch slices	3.5	0.66	20.00	100.
Whole Wheat	1.4	3½" square	4.0	.33	20.25	100.
		2 ¼-inch slices 2½" square				
Baking Powder Biscuits	1.3	2 small	2.75	3.00	15.50	100.
Crackers, Soda	0.4	2 crackers	1.25	1.11	8.75	50.
Flour	4.0	1 cup	12.50	1.11	83.75	395.
Griddle Cakes	1.8	1 cake	3.50	2.77	15.25	100.
Cakes, Cookies						
Chocolate Cake	0.9	2½x2½x⅞" cube	1.25	4.55	13.5	100.
Doughnuts	0.8	½ doughnut	1.50	5.00	12.21	100.
Macaroons	0.8	2 macaroons	1.50	3.66	15.25	100.
Plain Cookies	0.9	2 Cookies	1.50	3.66	15.25	100.
Sponge Cake	0.9	1½x1½x2" cube	2.75	2.11	17.50	100.
Candy						
Chocolate, Grated, Bitter	0.16	1 tablespoon	0.50	2.33	1.50	29.
Chocolate Fudge	0.9	1½x¾x1" cube	0.50	2.22	19.51	100.
Cocoa	0.2	1 tablespoon	1.50	2.00	2.75	35.
Raisins	1.1	¼ cup	.75	1.00	22.00	100.
Sugar, Granulated	0.5	1 tablespoon	.....	.....	14.17	57.
Syrup, Corn	1.5	1¾ tablespoon	.....	.....	25.00	100.
Cereals						
Macaroni, Cooked	2.6	⅓ cup	1.87	0.11	10.37	50.
Oatmeal, Cooked	7.9	1 cup	4.25	1.77	16.75	100.
Rice, Steamed	4.0	¾ cup	2.25	0.11	22.50	100.
Dairy Products						
Butter or Bacon Fat Drippings, Olive Oil	0.5	1 tablespoon	0.25	11.00	.....	100.
Mineral Oil	2.0	¼ cup	.....	.....	.....	.....
Buttermilk	8.5	1 glass	7.22	11.90	11.60	80.
Cheese, American	0.8	1⅜" cube	6.50	7.90	0.75	100.
Cheese, Swiss	0.8	1⅜" cube	6.25	8.11	.50	100.
Cottage Cheese	3.2	5½ tablespoons	19.00	1.00	3.75	100.
Cream Cheese	0.9	2x1x¾" square	6.25	8.00	0.75	100.
Cream, Thick	0.66	1 tablespoon	.25	7.3	.5	69.
Cream, Thin	0.5	1 tablespoon	.25	2.66	.75	28.
Egg	2.0	1 medium	6.25	5.00	.....	75.
Milk, Skimmed	8.0	1 glass	7.68	0.72	11.60	80.
Milk, Whole	8.0	1 glass	7.52	9.04	11.28	160.
Fruits						
Apples	3.0	1 very small	0.33	0.42	12.15	53.4
Canteloupe	9.0	½ medium	0.75	.....	11.75	50.
Cherries	3.0	7 to 9	0.84	0.69	14.19	66.3
Grapefruit	4.0	½ medium	0.42	0.60	9.69	40.9
Grapes	3.0	Small bunch	1.11	1.35	16.32	81.9
Lemon	3.8	1 large	2.22	1.66	6.32	33.3
Lemon Juice	4.5	½ glass	.....	.....	12.55	50.
Orange	3.0	1 medium	0.69	0.18	9.87	43.8
Orange Juice	8.2	1 cup	1.88	0.49	26.97	119.7
Peaches, Fresh	3.5	1 medium	0.50	0.11	7.57	33.3
Pears, Fresh	3.0	1 medium	0.50	0.33	11.25	50.
Pineapple, Fresh	4.0	1 slice, 1 inch	0.50	0.33	11.25	50.
Plums, Fresh	4.4	3 to 4 large	1.25	.....	23.75	100.
Prunes	1.4	4 medium	0.75	.....	24.22	100.
Raspberries	5.3	1⅛ cup	2.50	1.55	19.0	100.
Rhubarb, Stewed	1.7	½ cup, cut	0.25	0.22	24.25	100.
Strawberries, Fresh	9.0	1⅓ cups	2.50	1.55	19.0	100.
Watermelon, Edible	11.7	1 medium slice	1.25	0.66	22.25	100.

30 grams equals 1 ounce. To reduce grams to calories, multiply protein and carbohydrate grams by 4; fat grams by 9.

FOOD	Weight Ounces	Approximate Measure	Protein Grams	Fat Grams	Carbohydrate Grams	Calories
Meats						
Beef, Boiled (Lean)	2.2		17.1	4.7		110.
Hamburg Steak, Broiled	2.0	1 cake	13.75	5.00		100.
Roast Beef, Lean	1.6	5x¼x2½" slice	11.5	6.00		100.
Steak, Broiled (Lean)	2.0	2x1½x¾" slice	11.75	6.00		100.
Sirloin, Capon Roasted	1.7	2x1½x¾" slice	12.75	5.50		100.
Chicken, Broiled	2.6	2x2¾x⅛" slice	20.0	2.22		100.
Lamb Chop, Broiled	1.6	1 chop	10.0	6.66		100.
Frankfurters	1.1	1 sausage	7.75	7.44	0.50	100.
Pork, Bacon	0.5	4-5 small slices	3.25	9.66		100.
Ham, Boiled	1.3	4¾x4x⅛" slice	7.25	7.88		100.
Veal Leg Roast	2.3	2x2¾x⅛" slice	17.75	3.22		100.
Fish						
Halibut Steak	3.0	3x2¼x1" slice	15.25	4.33		100.
Salmon, Canned	1.8	½ cup scant	11.25	6.11		100.
Sardines	1.7	3 to 6	11.50	6.0		100.
Oysters	7.2	⅔ cup	12.25	2.66	6.75	100.
Nuts						
Almonds, Shelled	0.5	12 to 15 nuts	3.25	8.4	2.75	100.
Brazil, Shelled	0.5	2 nuts	2.5	9.5	1.00	100.
Chestnuts, Italian	1.5	7 nuts	2.5	2.2	17.5	100.
Peanuts	0.6	20 to 24 single	4.75	7.00	4.50	100.
Pecans	0.5	12 nuts	1.25	9.66	2.00	100.
Walnuts, English	0.5	8 to 16 nuts	2.75	9.11	1.75	100.
Sauces						
Thick Brown Meat or Vegetable	3.4	⅓ cup	3.0	1.0	19.75	100.
Mayonnaise, Cooked	0.5	1 tablespoon	.25	10.8	.5	100.
White	2.4	¼ cup	4.0	7.77	5.50	100.
Lemon	1.5	⅛ cup		3.33	1.75	100.
Soups						
Clear, Bouillon	8.0	1 cup	5.20	.22	.50	25.
Cream of Asparagus	4.0	½ cup	4.25	6.22	6.75	100.
Tomato, Canned	7.0	¾ cup	3.0	1.33	19.0	100.
Cream of Tomato	3.0	⅜ cup	2.75	7.00	6.50	100.
Sweets						
Custard Cup	3.3	½ cup	4.25	4.33	11.0	100.
Gelatine, Granulated	0.3	1 tablespoon	9.25			37.
Ice Cream, Vanilla	2.0	¼ cup	1.50	6.11	9.75	100.
Pie, Apple	1.6	1½" of circumference	0.75	4.55	14.0	100.
Pie, Custard	1.9	2" of circumference	2.25	3.55	14.75	100.
Vegetables						
*Asparagus, Canned	3.0	7 to 10 tips	1.29	0.09	2.37	15.3
Beans, Dried	3.0	½ cup	19.11	1.53	50.67	293.1
Beans, String	3.0	¾ cup	1.95	0.27	6.30	35.4
†Beets	3.0	½ cup	1.35	0.09	8.25	39.3
*Cabbage	3.0	¼ small head	1.35	0.27	4.77	26.7
†Carrots	3.0	1 to 2 medium	0.93	0.33	7.92	38.4
*Cauliflower	3.0	4 medium flowers	1.53	0.42	3.99	26.1
*Celery	2.0	½ cup, cut fine	0.62	0.06	1.86	10.4
*Cucumber	3.0	¼ medium	0.69	0.18	2.64	14.7
*Kohlrabie	3.0	1 medium	1.80	0.09	4.95	27.9
*Lettuce	2.0	¼ small head	0.68	0.18	1.64	10.8
†Mushrooms	3.0	4 medium	3.15	0.36	6.12	39.
†Olives, Green	2.0	6 olives	0.46	11.44	4.82	124.2
†Onions, Fresh	3.0	1½ medium	1.35	0.27	8.40	41.1
Peas, Canned	3.0	½ cup	3.06	0.18	8.34	47.1
Potatoes, Boiled or Baked	3.6	1 medium	2.75	0.11	22.0	100.
*Sauerkraut	3.0	½ cup	1.8	0.9	2.72	26.1
*Spinach	3.0	1½ cup	1.77	0.27	2.73	20.4
†Squash, Mashed	3.0	2 tablespoons	0.60	0.18	3.84	19.2
*Tomatoes, Fresh	3.0	1 medium	0.78	0.33	3.30	19.5
Corn on Cob	9.0	2 ears	3.00	1.0	19.75	100.
Corn, Canned or Fresh	3.6	½ cup	2.75	1.22	19.50	100.
*Radishes, Red Button	3.0	9 radishes	1.13	.08	4.99	25.

*5% Vegetables.
†10% Vegetables.

PROVISIONS FOR TWO PEOPLE

Meats—When cooking for two people, buying in small quantities is not always advisable. If icebox is roomy, plan ahead, buy and cook enough for several meals. It is not practical to buy a roasting chicken or a roast weighing less than four pounds. Serve it hot at one meal, cold at the next, and utilize the left-overs. Use the larger cuts of meat when guests are expected. It is possible to make pot-roasts, stews, meat loaves and all kinds of steaks and chops with as little as one pound of meat. If larger quantities are purchased, there are numerous ways of utilizing the left-overs. See pages 178 to 181 for suggestions. Do not serve food the same way too often. Disguise it in different sauces. Portions of meat may be scalloped, made into croquettes, served with eggs, rice, noodles or spaghetti, on toast or in patties, made into sandwiches or sliced cold.

Make enough soup stock to last a week. See page 98 for method of keeping soup fresh.

Vegetables—In summer, when fruits and vegetables are plentiful, buy in quantities. Serve fresh, and can the remainder at the same time, for future use. Left-over vegetables may be used in soups, salads, mixed with other vegetables, in a variety of sauces or scalloped.

Cereals—Cook one cup of breakfast cereal, one-half cup of rice, reheat if desired, or use left-overs in soup, with meat or other food, as on page 36.

Bread and Cake—Bread may be toasted and utilized in many ways. See pages 69 to 71, and 113. Stale cake may be sliced, broken in pieces, and served with fruit sauces, or with milk or cream. See pages 442 and 379.

Syrups, Jams and Jellies—Syrups from canned or pickled fruits may be used in making punches or cocktails, in salad dressings and dessert sauces. Left-over jams and jellies can be used as pastry fillings, or may help to flavor and sweeten fresh, stewed fruits.

For Suggestions Consult the Index—When large quantities of any one kind of food are on hand or purchased in season, be sure to consult the index at the beginning of the book under the name of that food, for suggestions on how to utilize it in various ways. For instance, if a quantity of milk or cream turns sour, see page XXII of the index under the heading of milk, for different ways of utilizing.

PROVISIONS FOR 40 PEOPLE

1 lb. coffee and 10 qts. water serve 40 people.

1 qt. cream and 1 lb. sugar for 40 cups coffee.

2 gals. of soup serve 40 people.

1 pk. potatoes serves 40 people.

2 qts. gravy or sauce serve 40 people.

1 qt. French dressing serves 40 people.

2 doz. lemons, 2 lbs. sugar, 2 gals. water makes lemonade for 40 people.

1 qt. mayonnaise serves 40 people.

12 lbs. chicken salad will serve 40 people. Allow ¼ lb. dressed chicken to each person.

5 lbs. sweet bread salad, tuna salad or salmon salad will serve 40 people.

8 qts. potato salad will serve 40 people. One peck of potatoes will make potato salad for 40 people.

3 lbs. potato chips will serve 40 people.

20 lbs. chicken or turkey, dressed, will serve 40 people.

1 ten-pound can of peas will serve 40 people.

2 lbs. salted peanuts will serve 40 people.

½ gal. medium size olives will serve 40 people.

1 loaf of sandwich bread will make 24 sandwiches.

1 lb. of butter will spread three loaves of bread.

1 qt. of sandwich filling will spread one loaf of bread.

2 gals. of ice cream will serve 40 people liberally.

1 round cake—10 inches in diameter—will serve 12 people.

FOOD COMBINATIONS

Pot Roast, Browned Potatoes, Corn, Pickles.

Brisket of Beef, Saurkraut, or Horseradish Gravy, Potato Dumplings.

Broiled Steak, Saratoga Onions, Mushrooms, French Fried Potatoes, Tomato Salad.

Roast Beef, Franconia Potatoes, Spinach with Hard Boiled Egg, Cucumber Salad.

Roast Lamb, Mint Sauce, Green Peas, New Potatoes, Currant Jelly.

Veal Roast, Mashed Potatoes, Creamed Onions, Pickled Crabapples.

Pork Roast, Apple Sauce, Scalloped Potatoes, Cold Slaw.

Baked Ham, Horseradish, Whipped Cream Sauce, Sweet Potatoes, Cauliflower, Hollandaise Sauce, Dill Pickles.

Chicken or Turkey Roasted, Cranberry Sauce, Candied Sweet Potatoes, Baked Squash, Pickled Peaches.

Venison Steak, Currant Jelly, Baked Potatoes, String Beans, Sweet Pickles.

Broiled Lobsters, French Fried Potatoes, Pineapple Salad, Baking Powder Biscuits.

Codfish Balls, Boston Brown Bread, Baked Beans, Catsup.

Broiled Whitefish, Parsley Ball Potatoes, Asparagus, Tomato Salad.

Halibut Steak, broiled, Shrimp Sauce, Potatoes Au Gratin, Cold Slaw.

INFANT FEEDING

INFANT FEEDING FROM BIRTH TO SIX MONTHS

Breast milk is the best food for the young infant. When for various reasons, the breast milk feeding is regarded by a physician as inadequate, cow's milk modifications are used.

In order to supply an infant's food needs, the following requirements are important: necessary food elements; that is, sufficient total calories and proper amount of proteins, fat, carbohydrate, sufficient mineral salts and vitamines. The usual milk formulas prescribed for infants contain sufficient of all these elements except vitamines. To supply these, every infant beginning at about the second month, is given cod liver oil and orange juice or tomato juice. About ½ teaspoonful of cod liver oil twice daily and about one ounce of orange juice once daily are the amounts ordinarily used.

DIET FOR CHILDREN FROM SIX MONTHS TO SIX YEARS

The following diet lists prepared by the Bureau of Child Welfare, Wisconsin State Board of Health, provide all the necessary nourishment for a child from six months to six years. Children sometimes react peculiarly to what may be very simple foods. It is therefore best for the Mother to obtain a peditrician's advice or have the child's food occasionally checked at a Child Welfare Station.

Schedule at Six Months—

Four feedings daily, also orange or tomato juice once daily. Night feedings may be omitted if the baby sleeps through the night, and in no case should he be nursed oftener than once during the night. If the baby has been nursed on a three-hour schedule he should now be changed to the four-hour interval.

6 A.M.—Breast-feeding.

9 A.M.—1 to 2 ounces of orange juice diluted with an equal amount of water, or 2 parts of water may be used. 2 to 4 ounces of undiluted tomato juice may be substituted for orange juice.

10 A.M.—1 to 2 tablespoons cooked cereal, with equal quantity scalded cow's milk. General Rules for Cereal, page 37, 46; Scalded Milk, page 51. Breast-feeding.

2 P.M.—Breast-feeding.

6 P.M.—Breast-feeding.

Schedule at Seven Months—

2 P.M.—Same as 6 months with addition of mashed vegetable feeding, pages 35-199, (spinach or carrots—one or two tablespoons put through a fine wire sieve).

6 P.M.—Repeat cereal.

Schedule at Eight Months—

2 P.M.—Same as 7 months with addition of vegetable soup, page 35, (1 to 4 tablespoons). Give this or mashed vegetable daily.

6 A.M.—Add one-half slice of dried bread, toast, or cereal.

Schedule at Nine Months—

6 A.M.—Breast-feeding and one-half slice dried bread.

9 A.M.—Fruit juice diluted with water.

10 A.M.—Cereal (2 to 3 tablespoons) with 1 to 2 ounces scalded cow's milk and then breast-feeding.

2 P.M.—Mashed vegetable or vegetable soup (½ to 1 teacupful); breast-feeding.

6 P.M.—Dried bread or cereal with 1 to 2 ounces scalded cow's milk, and then breast-feeding.

Schedule from Ten to Eleven Months—

Omit breast-feedings, 1 at a time, until before 12 months baby is entirely weaned from the breast.

6 A.M.—8 ounces cow's milk, scalded, one slice dried bread.

9 A.M.—Fruit juice.

10 A.M.—Cereal with 4 to 6 ounces milk, ½ to 1 yolk of egg.

2 P.M.—Vegetable or vegetable soup, 1 slice bread, 4 to 6 ounces milk, fruit (1 to 2 tablespoons scraped apple, or cooked prune pulp, page 36).

6 P.M.—Dried bread or cereal, then 8 ounces scalded milk.

Schedule from Twelve to Fifteen Months—

The baby should be entirely weaned from the breast before the end of 12 months, and should receive scalded and cooled cow's milk, page 51, as a substitute for the mother's milk. If he has been feeding from a bottle he should now be taught to drink from a cup.

An infant may have up to one quart of milk daily. More than this usually prevents his taking enough other food. (No child

from 1 to 6 years should take less than 3 cups or 24 ounces of milk daily.)

6 A.M.—6 to 8 ounces cow's milk, dried bread.

9 A.M.—Juice of ½–1 orange or 4 ounces tomato juice.

10 A.M.—Cereal with milk.

2 P.M.—Vegetable (2 to 4 tablespoons).
Vegetable soup (1 cupful), baked potato, rice or macaroni, 4 to 6 ounces of milk, 1 slice bread and butter or dried bread, cooked fruit or scraped apple (2 tablespoons).

6 P.M.—Cereal or dried bread, or bread and butter, and 8 ounces scalded milk, page 51.

Schedule from Fifteen to Eighteen Months—

The child may now have three meals a day with a lunch at 2 P.M. If preferred the lunch can be given at 11 A.M. and dinner at 2 P.M.

6 to 7 A.M.—Breakfast—Cereal or bread (not fresh) with a little butter to which may be added a slice of bacon, or egg (soft-cooked, coddled, or poached, page 89); milk, 8 ounces.

11 A.M. —Dinner—Same as 2 P.M. meal outlined above.

2 P.M.— —Fruit juice or milk and ½ slice of bread.

5 to 6 P.M.—Supper—Cereal or bread and butter, milk 8 ounces.

Schedule from Eighteen to Twenty-four Months—

Same foods as before, with slightly increased quantities of solid foods, and addition of simple pudding at dinner (tapioca, cornstarch, bread, custard, junket) and occasionally a small amount of meat, finely cut or minced—beef, lamb, chicken, or fresh fish or meat in vegetable soup.

SCHEDULE AT TWO YEARS OR MORE

Three meals a day, including about 1½ pints milk, cereal, bread and butter, vegetables, fruit, eggs, a little meat, simple desserts. Some fruits should be given raw, or raw vegetables, such as grated carrots, heart of celery, or lettuce, should be given daily.

Schedule from Two to Three Years—

7 to 7:30 A.M.—Breakfast—Fruit juice. Cooked cereal. Toast or bread and butter. Milk. 1 egg or 1 slice crisp bacon may be added.

11 to 12:30 A.M.—Dinner—A small amount of meat or fish or 1 egg. One small potato or equivalent amount of rice or macaroni. 1 to 4 tablespoons mashed green vegetable. Bread and butter. Stewed fruit or simple dessert. Milk (may be omitted if given at lunch).

10 A.M. or 2 P.M.—Lunch—(May be omitted.) Fruit juice or raw fruit or glass of milk and bread and butter.

5 or 6 P.M.—Supper—Cereal or bread and butter. Fruit sauce or jelly. Milk.

Schedule from Three to Six Years—

Three meals a day. Add luncheon as in above for undernourished children.

Breakfast—Fruit. Cooked cereal. Bread and butter. Milk. 1 egg or bacon may be given at this meal.

Dinner—Meat or 1 egg. Potato, rice or macaroni. Green vegetable. Dessert. Bread and butter.

Supper—Cereal or milk soup. Bread and butter. Stewed fruit. Milk.

FOOD ESSENTIAL FOR HEALTHY TOOTH DEVELOPMENT

To be included in a well rounded generous diet. As a foundation of the diet use:

1—Milk—1 quart daily. As a drink, 16 to 24 ounces. In soups: milk, cream or vegetable. With cereals: farina, cream of wheat, oatmeal, pettijohns. In simple desserts: custards, junkets, bread pudding, rice pudding, baked apples.

2—Vegetables—

1—Leafy varieties, chard, spinach, young beet tops or cabbage.

2—Root and other varieties: cauliflower, celery, carrots, beets, turnips, tomatoes.

3—Fruits—

Raw—Orange, grapefruit, apples.

Cooked—All kinds including dried prunes, dates, raisins, figs.

4—Bread—Graham or whole wheat, whole rye, white bread over 1 day old. Dry crusts and hard food help to develop the jaws and improve good teeth. Natural sugars such as honey, maple syrup and molasses and dried fruits such as raisins, figs, dates should be used as largely as possible instead of cane sugar. All sweets, both candies and soft drinks between meals, should be prohibited.

GOOD FOODS FOR CHILDREN TWO TO SIX YEARS OLD

Milk—About 1½ pints (3 glasses) to 1 quart daily.

Eggs—One a day may be given, soft-cooked or coddled, poached or scrambled in a double-boiler, or raw in egg nog.

Meat—Not more than once a day, finely cut, in small amounts.

Vegetables—Cooked green vegetables at least once a day: Spinach, celery, asparagus tips, chard, beet tops, carrots, beets, turnips, rutabagas, onions, green peas, string beans, squash, cabbage and cauliflower. Potato once a day, baked or boiled, or ice, macaroni, or hominy grits.

Cereals—Well cooked oatmeal, cornmeal mush, cream of wheat, farina, rice and similar cooked cereals.

Soups—Meat and vegetable broths, vegetable purees.

Breads—Stale or dried breads (wheat, graham, whole wheat, rye) with a little butter after the first year; crisp toast, zwiebach, graham or oatmeal crackers.

Fruits—Raw oranges and apples; small amounts of raw pulp of pears, peaches, grapes; stewed prunes, peaches, pears; baked and stewed apples.

Desserts—Fruits, hard candy (one to two pieces), cereal pudding, custards, junket, gelatin, small amounts of ice cream.

FOODS FORBIDDEN TO CHILDREN

(Under Four to Six Years Old)

All fried foods, rich desserts and dressings, rich gravies, highly seasoned and spiced foods.

Meats—Ham, sausage, fresh pork, salt fish, corned and dried beef, canned meats, duck and goose.

Vegetables—Corn, kidney and navy beans, cow peas, cucumbers and pickles.

Breads and Cakes—All hot breads, rolls, biscuits, fresh cakes, griddle cakes.

Desserts—Nuts (except nut butter), pie, all pastry, and rich preserves.

Drinks—Tea, coffee, alcoholic drinks, soda water, soft drinks.

Fruits—Berries, unripe or stale fruits.

RULES FOR FEEDING CHILDREN

Teach young children to eat slowly and chew thoroughly.

How to Give Fruit Juice—Begin by giving 2 teaspoons of orange juice diluted with equal quantity of water. Increase to juice of ½ orange gradually. Tomato juice may be used instead or orange juice.

Give food only at the three regular mealtimes. If lunch hour is given it should be light and given at a regular hour.

Insist that the well child finish everything to which he is helped.

Reduce the amount of food when the child is not well.

Children should not "make a meal" from one article of food, as potatoes.

Children should drink several glasses of water each day.

Children should have some hard food each day, such as bread crusts, for the proper development of the jaws and teeth.

The day's food should be nearly equally divided into three meals, dinner being heaviest and supper lightest.

PREPARING FOODS FOR INFANTS

VEGETABLES

Cook carrots or spinach in a very small quantity of salted water until soft enough to mash through a sieve. Season with salt and butter. Give 2 to 4 tablespoonfuls.

(Do not discard any of the water used in boiling the vegetables. Very little, if any, should remain when the vegetable is done. If there is any, feed along with the vegetable.)

After the baby has been on these two vegetables for several weeks, any of the green vegetables may be given, preparing any of them as above directed.

Asparagus tips, onions, lettuce, tomatoes, Swiss chard, squash, beets, celery, green beans, peas, or any others may be used.

VEGETABLE MEAT SOUP

¼ pound lamb shoulder or beef soup bone
1 potato
2 tablespoons rice
1 tablespoon pearl barley
2 carrots
1 onion
2 stalks celery
3 pints water

Cut vegetables fine, add to meat and water after bringing to a quick boil. Let simmer 3 hours, add salt and strain.

This will keep 3 or 4 days if kept on ice and the entire quantity brought to a boil before each serving.

TOMATO JUICE

To prepare tomato juice, slice tomato and add very little water, boil 10 minutes and strain. Or canned tomatoes strained to remove the pulp and seeds can be used. 1 to 4 ounces of this can be given, according to age of child.

BEEF JUICE

Take ½ pound round steak. Cut into small squares. Broil under flame until slightly brown. Squeeze out the juice into a warmed cup. Season with salt.

Prepare only enough to serve as it does not keep well.

SCRAPED BEEF

Cut a piece of tender steak ½ inch thick. Lay it on a meat board and with a sharp knife scrape off the soft part until there is nothing left but the tough, stringy fibers. Season the pulp with salt and pepper, make into little flat, round cakes ½ inch thick, and broil them 2 minutes in the broiling oven or in a very hot frying pan. Serve on rounds of toast. This is a safe and dainty way to prepare steak for one who is just beginning to eat meat.

PRUNE PULP

Stew ½ pound prunes in one pint of water until quite soft and then rub them through a coarse sieve. Put this pulp back in the water in which the prunes were cooked, add one teaspoonful cane sugar and boil again for about ten minutes.

PRUNE JUICE

Wash thoroughly ½ pound of prunes, cover with cold water and soak over night. In the morning place on stove in same water, cook gently until tender; strain.

BARLEY WATER

Mix one level tablespoonful of Barley Flour (obtain from druggist) with a little cold water, making a paste. When perfectly smooth, add one pint of salted water. Boil in a double boiler for one-half hour. Make up to original pint with clear spring water.

(Barley Water may be kept several days in a cool place.)

RICE WATER

Wash one heaping tablespoonful of rice, soak over night, drain and add a pinch of salt. Cook in a double boiler for three or four hours or until the grains of rice are quite soft, adding water to keep the quantity up to one pint. Strain through muslin.

OAT WATER

Add one level tablespoonful of rolled, ground or crushed oatmeal to one pint of water, boil three hours in a double boiler, add enough water to make a pint, and strain. Salt to taste.

CATNIP TEA

Pour one pint of boiling water over one level tablespoonful of catnip leaves, allow to steep for five minutes, strain and serve.

CAMOMILE TEA

1 tablespoon camomile flowers 1 cup boiling water

Pour boiling water over flowers and let stand ten minutes over slow fire until well flavored. Strain, serve hot with sugar.

CEREALS

Begin with fine cereal such as cream of wheat, farina or corn meal. These should be cooked two hours or more. Later, oatmeal or whole wheat, which require from three to four hours cooking, may be given. All cereals should be cooked in a double boiler. Fine cereal can be given unstrained, but others should be strained at first and gradually given unstrained for their laxative effect.

Cereals can be kept for two days in a cool place and thoroughly reheated the second day.

Proportions and Time for Cooking Cereal:

½ cup rolled oats	2 cups boiling water	3 to 4 hours
½ cup farina or cream of wheat	2 cups boiling water	2 hours
½ cup cracked wheat	3 cups boiling water	3 hours at least
½ cup corn meal	2 cups boiling water	2 to 3 hours

OATMEAL GRUEL

½ cup coarse oatmeal 3 cups boiling water
1 teaspoon salt Milk

Add the oatmeal and salt to the boiling water, and cook 3 hours in a double boiler. Strain and dilute with milk or cream. If rolled oats are used, cook 1 hour.

CRACKER GRUEL

4 tablespoons powdered cracker crumbs 1 cup boiling water
1 cup milk
½ teaspoon salt Boil up once and serve

APPLE SAUCE

6 apples 1 cupful cold water 1 teaspoonful sugar

Pare 6 apples and cut them into quarters. Place them in an enameled dish, add 1 cupful cold water, and boil apples about thirty minutes. Strain, and sprinkle over them 1 teaspoonful of sugar before serving.

INVALID COOKERY

SERVING FOOD

In preparing food for an invalid the following points should be kept in mind:

The food should be served in the most pleasing manner possible. It should be served in small quantities, suit the digestive powers of the patient, and satisfy hunger or furnish needed strength. In a severe illness the doctor prescribes the kind and amount of food to be given. In long and protracted illness it is necessary to take nourishing food in small quantities at frequent intervals.

Use the daintiest dishes in the house. Place a clean napkin on the tray, and if possible, a fresh flower.

Try to surprise the patients by some unexpected food and in this way induce them to take nourishment.

Serve hot food hot, and cold food cold.

Remove the tray as soon as the food is eaten, as food should never be allowed to stand in a sick room.

LIQUID DIET RECIPES

LIME WATER

Pour 2 quarts boiling water over an inch cube unslacked lime; stir thoroughly and let stand over night; in the morning pour off the liquid that is clear and bottle for use. Keep in a cool place.

ALBUMENIZED MILK

½ cup milk
White of 1 egg

Put white of egg in a tumbler, add milk, cover tightly, and shake thoroughly until well mixed.

KOUMISS

1 qt. milk
2 tablespoons sugar
¼ yeast cake
2 tablespoons lukewarm water

Dissolve the yeast in the lukewarm water. Heat the milk until lukewarm; add the sugar and dissolve yeast cake. Fill airtight bottles, (patent tops), to within 1½ inches of top; cork and invert. Let stand for 6 hours at a temperature of 80 degrees F. Chill and serve the following day. If ordinary bottles are used, tie the corks down firmly with strong twine.

MILK PUNCH

½ cup milk
1 teaspoon sugar
A few gratings nutmeg

Mix ingredients, cover and shake well.

EGG NOG

1 egg
1 tablespoon sugar
Hot milk
½ teaspoon vanilla or
1½ tablespoons lemon juice
Nutmeg gratings

Separate egg. Beat yolk until very light with sugar, add white, beaten stiff. Fill up the glass with the hot milk. Grate the nutmeg on top. Serve hot or cold.

TOAST WATER

Cut bread in ¼ inch slices, put in pan and dry thoroughly in a slow oven until crisp and brown. Break in pieces. Measure equal parts of bread and boiling water, add salt, let stand 1 hour, strain through cheese cloth and season. Serve hot or cold.

RHUBARB WATER

3 stalks rhubarb
½ cup sugar
2 cups water

Wash the rhubarb, without peeling, cut in ½ inch lengths. Into a bowl, add sugar and boiling water. Cover and set away to cool. Strain and serve cold. Pink stalks will give the water a pretty color.

APPLE WATER

1 large sour apple
1 cup boiling water
2 teaspoons sugar
1 teaspoon lemon juice

Wipe, core and pare apple. Put sugar in cavity and bake until tender; mash, pour over water, let stand ½ hour and strain, add lemon juice if desired. Or, slice the raw apple and boil in the water and strain without squeezing.

GRAPE OR CURRANT JUICE

No. 1

2 tablespoons grape or currant juice
Sugar to taste
Or 2 teaspoons grape or currant jelly
1 cup hot water

Mix fruit juice with cold water and sweeten to taste or dissolve jelly in hot water and sweeten to taste. Beat jelly with fork, then measure.

No. 2

2 tablespoons grape juice 1 white of egg

Place juice in glass, add egg beaten stiff and a little chopped ice. If the grape juice is not sweet, sprinkle sugar over top.

LEMONADE OR ORANGEADE

2 tablespoons sugar 1 cup water
Juice of ½ lemon or orange

Extract the juice of ½ lemon or orange. Add water and sugar to taste and stir until dissolved. Or the sugar and water may be boiled to a syrup, allowed to cool and then added to the juice. Serve hot or cold.

LEMON WHEY

1 cup hot milk 2 teaspoons sugar
1 small lemon

Heat the milk in a double boiler, add the juice of the lemon. Cook until the curd separates, then strain through a cheese cloth. Add the sugar. Serve hot or cold.

IRISH MOSS LEMONADE

¼ cup Irish moss Juice of 1 lemon
2 cups boiling water ⅓ cup cugar

Wash, pick over and soak until soft, Irish moss in cold water to cover. Pick over and wash again, add the 2 cups boiling water and cook 20 minutes, until dissolved, in double boiler, then strain; add lemon juice and sugar to sweeten.

FLAXSEED TEA

1 tablespoon flaxseed Juice of 1 lemon
1 tablespoon sugar 1 cup cold water

Wash the flaxseed thoroughly, put it with the cold water into a sauce pan. Let it simmer 1 to 2 hours. Add lemon juice and sugar to taste. Serve hot.

BEEF TEA

No. 1 Broiled

Select ½ lb. of beef steak from upper part of round, or the rump. Broil or warm slightly 1 to 2 minutes to set free the juices, then squeeze out the juice by means of a press or lemon squeezer, into a slightly warmed cup. Salt, if necessary, and serve at once. Prepare only enough to serve, as it does not keep well.

No. 2 Scraped—No Water

Scrape ½ pound lean, juicy beef, as above. Put it in top of double boiler, with cold water in the lower part, heat gradually, and keep it simmering 1 hour, or until the meat is white. Strain and press out the juice, season with salt to taste, and serve hot.

No. 3 Shredded—With Water

Shred ½ pound lean, juicy beef, and place it in top of a double boiler, with 1 cup of cold water and ½ teaspoon salt. Let it stand 1 hour. Then put boiling water in the lower part of boiler and cook 5 or 10 minutes, until the juice is brown. Strain and press meat to obtain all juice. Serve hot, salt to taste.

BROWN FLOUR SOUP

1 tablespoon butter
1 tablespoon flour
1 cup boiling water
½ teaspoon salt
⅛ teaspoon nutmeg, grated
1 teaspoon caraway seed

Brown the butter in a spider, add the flour, let cook, but not burn, until well browned, then add seasoning, and gradually the boiling water. Cook a few moments longer and serve hot. Good to reduce a laxative condition.

Gruels—For Oatmeal and Cracker Gruels, see page 37.

SOFT DIET RECIPES

SHREDDED WHEAT WITH MALTED MILK

Warm the biscuit in the oven to restore crispness. Pour 1 cup hot malted milk, seasoned with salt and pepper over it, letting the milk absorb until the shreds are swollen.

CHICKEN CUSTARD

4 eggs, separated
⅛ teaspoon salt
1 cup cream
1 cup hot, strong chicken soup

Beat yolks until thick and stiff, add salt, beat into the cream; stir in the hot soup and let cook slowly, stirring carefully until it coats the spoon. Pour in small custard cups and serve cold, garished with watercress, or as a salad with lettuce leaves topped with mayonnaise.

JUNKET CUSTARD

1 cup milk
2 tablespoons sugar
½ junket tablet
1 teaspoon cold water
1 teaspoon vanilla

Heat milk until lukewarm, add sugar and vanilla, when sugar is dissolved, add tablet dissolved in cold water. Turn into small

moulds and let stand at room temperature 15 minutes until firm. Then set in a cool place. Junket may also be had in powdered form, sweetened and flavored.

ICE CREAM FOR ONE

½ cup cream
4 teaspoons sugar
¼ teaspoon vanilla

Use a toy freezer, or make a freezer of a ½ pound baking powder tin, a thick 8-inch bowl, or a small wooden pail, to form the outside of the freezer. Chop the ice fine. For each layer use ⅓ cup rock salt and 1 cup of ice.

Stir the ingredients until sugar is dissolved, and pack in can. Beat, and as it freezes, scrape from the sides of can with wooden spoon. Beat the mixture again, cover, turn the can back and forth until more of the cream is frozen. When frozen throughout, drain off water, beat the cream again, pack evenly, and put on cover. Repack in ice and salt to cover can, and let stand in fireless cooker, if you have one. Drain off water as it melts.

COOKERY FOR DIABETICS

Diabetics require a restricted diet, more or less sugar and starch-free. The dietary needs of each individual differ and should be prescribed by a physician. Bread, pastry and canned fruits for diabetics, and sugar and starch-free flour may be bought.

Soy Bean Flour contains about 8% carbohydrates, (sugar and starch). It may be made by grinding raw soy beans in a coffee mill several times. Sift until fine. Will keep fresh for 4 weeks.

Cover all vegetables with cold water, bring to boil and let cook until tender. Pour away the liquid, as it contains the starchy substance. Cook vegetables three times, when prescribed.

THRICE COOKED VEGETABLES FOR DIABETICS

To eliminate the starch, cover vegetables with cold water. Let come to the boiling point and drain. Repeat. Cover with cold water a third time, let boil until tender. Season as desired.

CRACKED COCOA

To ⅓ cup cracked cocoa, ground fine, add 4 cups cold water. Boil slowly 1½ hours.

BREAD

3 eggs, separated
¼ teaspoon salt
½ cup starch and sugar-free flour

Beat yolks thick and creamy, add 1 teaspoon caraway seed, or anise seed or cinnamon or nutmeg. Add salt to whites of eggs and

beat very stiff. Gradually sift over and fold in the flour. Place in slightly buttered special bread tin or make into six muffins. Bake 40 minutes, the first 20 in a moderate oven, 350° F., then reduce to slow oven, 250° F. Let stand in pan until cool.

French Toast—Mix 1 egg, beaten, pinch of salt, with 1 tablespoon cream. Cut bread or muffins in ½ inch slices. Dip in egg mixture. Fry light brown on both sides in hot butter.

SOY BEAN BISCUITS

2 eggs, well beaten
1 level teaspoon salt
1 tablespoon melted butter
4 walnuts in small pieces
½ cup cream
½ cup water
1½ cups Soy bean flour
2 teaspoons baking powder

Mix eggs, salt, butter; add walnuts. Sift flour and baking powder; add cream and water to other mixture. Bake in a hot oven in warm, well buttered gem pans. Makes 8 large biscuits. Six sour prunes, chopped, or a little saccharine may be added.

BRAN MUFFINS

3 eggs
4 teaspoons butter
1 teaspoon soda
1 cup buttermilk or sour milk
⅓ cup chopped nuts
2 cups bran
1½ teaspoons salt

Beat the yolks of eggs well with the buttermilk. Mix salt, soda, bran, and nuts together. Combine the two mixtures alternately with the buttermilk. Add the whites of eggs, beaten. Place in well greased muffin pans and bake in a moderate oven, 350° F., about 30 minutes.

CHEESE WAFERS

1 egg
2 tablespoons butter
1 teaspoon caraway seed
1 tablespoon cream
1 tablespoon grated parmesan cheese
½ cup or box starch and sugar-free flour

Beat egg well, add pinch of salt, and the rest and mix until it clears the bowl. Spread a thin layer in well buttered shallow tin. Bake in moderate oven, 325° F., 20 minutes.

CHEESE OMELET

1 egg
2 ounces of grated cheese
1 tablespoon cream
Salt to taste

Beat egg well. Add cream and stir in the cheese. Parmesan cheese is best. Place in a well buttered dish, and bake until firm in a moderate oven, about 350° F.

ALMOND CAKES

Blanch ¾ cup almonds; bake until light brown; grind. Place in strainer, pour over 2 tablespoons cold water mixed with 1 tablespoon vinegar; then drain. Dry in oven; grind again.

Add 4 tablespoons melted butter, yolks of 5 eggs beaten well, ⅓ teaspoon baking powder, pinch of salt. Fold in whites of 5 eggs beaten stiff. Fill buttered gem pans ⅔ full and bake 25 minutes in a slow oven. This recipe makes 9 cakes.

NOODLES FOR SOUP

½ pint broth (clear)
1 egg
1 teaspoon butter
Few grains salt and pepper

Beat egg until stiff, bake in butter as an omelet. Let cool, cut in strips as noodles. Heat broth and add noodles.

APPLE DESSERT

To 1 large, grated apple take the well beaten yolk of an egg and a few blanched and chopped almonds. A speck of cinnamon and lemon rind, then beaten white of egg. Add ¼ grain of saccharine. Bake in a greased tin dredged with Rusk crumbs.

CUP CUSTARD

2 eggs
1 pint milk
A pinch salt
½ teaspoon vanilla
3 half grains of saccharine, finely grated

Beat 2 eggs slightly, add a pinch of salt and ½ teaspoon vanilla. Sweeten with half of the grated saccharine and stir. Add other half of saccharine to milk and stir, before combining the mixture. Put in buttered custard cups, set in pan of hot water, bake in a moderate oven, 350° F., until firm in center.

COFFEE JELLY

2 tablespoons granulated gelatine
¼ cup cold water
2½ cups boiling hot coffee
2 grains saccharine in ½ teaspoon cold water

Soak gelatine in ¼ cup of cold water a few minutes. Add coffee, speck of salt and saccharine, dissolved in ½ teaspoon cold water. Stir until gelatine is dissolved, place in moulds in ice box several hours to harden. Serve with plain or whipped cream.

COFFEE CREAM

¼ cup strong coffee
¼ cup cream
1 egg yolk (slightly beaten)
½ tablespoon gelatine
A few grains of salt
½ grain saccharine
1 egg white, beaten
½ teaspoon vanilla

Heat coffee and ½ of the cream, add the yolk and cook until thick, then the gelatine dissolved in 2 tablespoons of cold water,

and the salt. Cool, add saccharine, dissolved in ½ teaspoon cold water, also the remaining cream, beaten stiff, and the egg white; lastly vanilla. Makes 1 cup. Put in mould and chill.

ICE CREAM

1 cup cream
3 eggs, separated
½ cup milk
1½ grains saccharine pulverized
1 teaspoon vanilla

Beat yolks slightly, add milk and ½ the cream. Cook until thick. Add ½ of the saccharine. Cool, and add the stiffly beaten whites and the remaining cream, whipped, with the vanilla, and rest of the saccharine. Decorate with chopped walnuts.

FRUIT EGG NOG

1 egg
2 tablespoons blackberry, raspberry, strawberry or pineapple juice
2 tablespoons cold water
¼ cup finely crushed ice
½ grain saccharine dissolved in a teaspoon water

Beat the egg and mix with the water and the fruit juice. Strain, pour over the crushed ice, and add the saccharine if desired.

EGG NOG

2 tablespoons lemon juice
1 egg
⅔ cup cold water
½ grain dissolved saccharine

Add lemon juice to egg, cover and shake until well mixed; then add water and saccharine. Strain and pour from one glass to another to make it foamy.

CHAPTER III

Cereals

Cereals or grains are seeds of certain members of the grass family; they form a very important part of the food of man. Cereals are wheat, Indian corn or maize, oats, rice, rye and barley. From these are prepared various breakfast foods, oatmeal, farina, etc. They all contain more or less starch.

For family use, cereals should be bought in small quantities and kept in tightly covered jars.

Boiling water and salt should always be added to cereals—one teaspoon salt to one cup of cereals. They should be cooked directly over head the first five minutes and then over boiling water in a double boiler. Long cooking improves the flavor and makes them more easily digested.

Cereals are served hot or cold, with cream or milk, with or without sugar. Corn flakes, puffed wheat or rice should be heated in oven a few minutes before serving.

Leftover Cereals—Mix leftover oatmeal mush with salt and pepper. Shape into cakes, brush over with melted fat. Place a small meat ball on top and bake in a moderately hot oven, until browned.

Mix leftover mush with cheese, finely chopped meat, slightly beaten egg and seasoning; shape into cakes, brown in fat, and serve with a sauce.

Cheese sauce, tomato sauce, meat or eggs may be served on slices of fried mush.

Leftover cereal may be added to soup in place of rice or barley.

ROLLED OATS OR WHEAT

1 cup rolled oats or wheat 2 cups boiling water
1 teaspoon salt

Boil ten minutes, stirring constantly; then over boiling water 40 minutes longer. A better flavor is developed by longer cooking. One-fourth pound of dates, stoned and cut in pieces and stirred

in the mush, may be added, and served as a dessert for dinner or luncheon.

CUT STEEL OATS

Follow recipe for Rolled Oats, above, using 4 cups boiling water and allowing 3 or more hours for steaming.

CREAM OF WHEAT

½ cup cream of wheat 1 teaspoon salt
4 cups boiling water

See that the water is actually boiling in a saucepan. Add salt, then cream of wheat gradually. Stir constantly until thick. Cook ½ to ¾ hour over hot water.

CORN MEAL MUSH

4 cups boiling water 2½ teaspoons salt
1 cup cornmeal

Add the salt to the boiling water. Add the meal gradually, so that the water will not stop boiling, and stir continually, keeping it directly over the heat 10 minutes. Cook over boiling water ½ to 3 hours longer. Long cooking improves the flavor. Half milk and half water may be used.

CORN MEAL MUSH FOR FRYING

2 cups corn meal 2 cups cold water
1 tablespoon salt 4 cups boiling water

Add salt to corn meal, and mix thoroughly with the cold water. Put boiling water in upper part of double boiler, place over fire, add the meal mixture slowly, stirring constantly. Cover and steam over boiling water from 1 to 3 hours, the longer the better.

FRIED CORN MEAL MUSH

Put leftover mush into a dish and smooth it over the top. When cold, cut into slices ½ inch thick. Dip each slice into flour. Melt ½ teaspoon, dripping in a frying pan, and be careful to let it get smoking hot. Brown the floured slices on each side. Drain if necessary and serve on a hot plate with syrup.

If wanted crisp and dry, let fry slowly.

HOMINY

To 1 cup of finely ground hominy allow 1 teaspoon salt, 4 cups boiling water, and let steam 1 hour or longer.

CEREAL WITH SLICED BANANAS

1 pint cooked oatmeal 4 bananas sliced
1 pint whipped cream

Pour leftover breakfast cereal into after-dinner coffee cups rinsed in cold water and set aside. When cold and ready to use, turn from the cups onto a buttered pan, and heat in the oven.

To serve, surround with sliced bananas, whipped cream, clotted cream or plain cream with sugar.

BARLEY, TAPIOCA, SAGO, ETC.

½ cup barley or other hard grain
1 qt. boiling water
1 teaspoon salt

Add salt to the boiling water and pour gradually on the barley, or other hard grain and boil until tender from 1 to 2 or more hours, according to the grain, and have each kernel stand out distinct when done. Add more boiling water as it evaporates. Use as a vegetable, or in soups. Pearl barley, tapioca and sago cook quicker than the ordinary large grains.

BOILED RICE

1 cup rice
2 qts. boiling water
1 tablespoon salt

Pick over rice and wash thoroughly.

Add slowly to boiling, salted water so as not to check the boiling. Boil rapidly for 30 minutes or until kernels are soft. Drain in coarse strainer, pour over 1 quart cold water. Drain, place strainer in pan, in a moderate oven, to keep rice hot and dry.

If desired, add milk, a little butter, and serve with sugar.

STEAMED RICE

1 cup rice
3 cups boiling water
2 teaspoons salt

Pick over and wash the rice in three or four waters. Put boiling water and salt into the double boiler, add rice slowly, steam 40 minutes or until tender. Serve with milk or cream.

CURRIED RICE

1 cup rice
1 onion
2 teaspoons curry powder
3 cups hot chicken broth
2 tablespoons butter
2 teaspoons salt

Cover rice with cold water, bring quickly to boiling point, drain and rinse in cold water. Then cook in the chicken or veal broth and when half done add the onion finely chopped and sauted in butter and the curry powder creamed with a little butter. Mix thoroughly, add more stock if needed, and finish cooking in a slow oven. Serve with hot chicken or veal.

MEXICAN RICE

1 cup rice
2 tablespoons butter
1 quart water
2 teaspoons salt
1 cup strained tomato or
½ cup tomato pulp

Wash rice. Put in spider with butter, let fry until light brown, stirring constantly. Add tomato and salt, let cook a few minutes.

Then add boiling water or soup stock, stir well, let cook gently until tender without stirring. Decorate with sliced hard cooked eggs.

TURKISH RICE

½ cup washed rice
1 cup brown soup stock highly seasoned
¾ cup tomatoes, stewed and strained
3 tablespoons butter

Add tomato to stock, and heat to boiling point; add rice and steam until rice is soft; stir in butter with a fork and keep uncovered that steam may escape. Serve in place of vegetables or as a border for curried or fricasseed meat.

SPANISH RICE

1 cup rice
4 tablespoons fat
5 onions, chopped
2 cups strained tomato or 3 ripe tomatoes
2 cloves of garlic
1 red or green pepper chopped or 1 canned pimento or 1 teaspoon paprika
2 teaspoons salt

Wash rice thoroughly, place in frying pan with bacon or poultry fat, add onion and the garlic minced fine. Let fry 10 minutes, add rest of the ingredients and 1 cup water, cook slowly about 1 hour and as water evaporates, add more to keep it from burning, until rice is tender.

CHINESE RICE

1 cup rice
1¼ cups cold water

Wash rice thoroughly in cold water many times, until water is clear. Drain, place in kettle with cold water to reach about one-third inch above the level of the rice. Place over hot fire, let come quickly to boiling point, cover tightly, reduce heat, let cook slowly twenty to thirty minutes or until tender.

ITALIAN RICE—(Risotto)

1 cup rice
2 tablespoons chicken fat
2 tablespoons chopped onion
1 teaspoon chopped parsley
¼ lb. chicken livers
3 cups hot chicken soup
2 teaspoons salt
⅛ teaspoon Spanish saffron
3 tablespoons grated Roman cheese

Heat fat in top of double boiler, add onion, parsley and liver, diced. Let fry gently until well browned, stirring constantly. Add rice well cleaned, let fry until light yellow, then gradually add soup. Let boil well for five minutes, add saffron, dissolved in a little hot soup and strained, stir well, cover kettle and let cook over hot water twenty to thirty minutes or until tender. Add cheese, mix lightly and serve hot with grated cheese.

CHAPTER IV

HOT BEVERAGES

GENERAL RULES

A beverage is any drink. Water is a beverage, and is an essential to life. All beverages contain a large percentage of water, and aid to quench thirst, to introduce water into the system and regulate the temperature; to assist in carrying off waste; to nourish; to stimulate the nervous system and various organs. Freshly boiled water should be used for making hot beverages; freshly drawn water for making cold beverages.

MILK

Milk is one of the most important foods, having a well balanced protein, carbohydrate, fat and vitamine content. It also contains all the mineral elements excepting iron, which must be supplied from other sources.

Whole fresh milk contains vitamines necessary for the maintenance of health and normal growth.

Milk should be cooled quickly after it comes from the cow and kept cold. To keep milk free from infectious germs, it must be kept cold and closely covered in sterile containers; preferably glass, earthenware or enamel. Uncovered milk absorbs odors and collects bacteria, especially when warm.

Cream is the fat that rises to the top of the milk if left standing.

Skim milk is the milk left after the cream has been skimmed off,

Buttermilk is the liquid left after cream is churned into butter.

Sour milk is valuable in cooking and may be obtained by keeping milk (preferably raw milk) undisturbed in a shallow covered pan at a temperature of 90 to 100° F. until it becomes thick and clabbered. If it sours too slowly t becomes bitter.

Whey is the watery part of the milk that, while souring, separates from the curd, or solid part.

Milk is preserved by sterilization and pasteurization and may be bought powdered, condensed and evaporated. Milk may be pasteurized at home, see page 51.

Standardized Milk is bottled under sanitary conditions and is of even quality as regards the butter fats and according to legal requirements.

Modified Milk is put up by physicians' prescriptions; the milk is separated into its parts and recombined in different proportions to suit individual needs.

Certified milk is milk produced and bottled in the most sanitary manner according to regulations laid down by a Medical Milk Commission.

PASTEURIZED MILK

Fill sterilized bottles or jars nearly full of milk, cork them with baked cotton, place on a rack in a pail and fill with cold water so that the water may be as high outside the jars as the milk is inside, place the pail over the fire and heat until small bubbles appear around the top of the milk (about 145° F.); decrease the heat and allow the bottle to stand there 30 minutes; then reduce the temperature as quickly as possible, and when milk is cold remove the bottles from the water and keep in a cold place. If ice is not available, sterilize twice a day.

TO BOIL MILK

Put milk into a flat, large bottomed pan over fire. Bring quickly to the boiling point, stirring constantly. Remove from fire, cool as quickly as possible.

SCALDED MILK

Heat milk over a very slow fire, or over hot water in double boiler, until small bubbles form around the edge of pan.

BOILED COFFEE

No. 1

1 heaping tablespoon ground coffee to
1 cup of freshly boiling water

1 cup ground coffee to
4 or 6 cups freshly boiling water.

Mix the coffee with a clean eggshell and a little cold water, and place in a well aired coffee pot. Add the freshly boiling water, and boil five minutes. Let stand where it will keep hot five to eight minutes. Add one-half cup cold water.

Note—Coffee should be freshly ground and kept in air-tight cans. A favorite coffee is ⅔ Java and ⅓ Mocha.

Never make coffee in a tin coffee pot. Egg shells may be washed, saved and used for clearing coffee. Three egg shells will clear one cup of coffee grounds.

No. 2

1 egg
1 cup cold water
Pinch salt

6 heaping tablespoons ground coffee
6 cups boiling water

Wash and break egg in large cup or pint can, beating constantly while pouring on 1 cup cold water, cover and place in ice box for future use. For each cup of coffee use 1 heaping tablespoon of ground coffee, 1 cup boiling water and 1 tablespoon of the egg water. Scald coffee pot; place coffee ground in coffee pot, add salt, six tablespoons of the egg water, stir well, add three cups of boiling

water, let boil three minutes, add rest of the water, let stand where it will keep hot but not boil, and serve.

DRIP COFFEE

1 cup coffee, finely ground 6 cups freshly boiling water

Place coffee in strainer, strainer in coffee pot, and pot over slow fire. Add gradually the boiling water and allow it to filter or drip. Cover between additions of water. If desired stronger, refilter. Serve at once, with cut sugar, cream or scalded milk. Put sugar and cream in cup, then add the hot coffee.

PERCOLATED COFFEE

When using a percolator put hot or cold water in bottom and coffee grounds in top compartment. Cover coffee pot. Place over fire, let boil 5 minutes, counting from the time that the water begins to trickle down through the grounds. Let stand for 5 minutes where it will keep hot but not boil, and serve.

COFFEE FOR 30 PEOPLE

1 lb. coffee 1½ pints cream
1 egg Sugar
8 qts. freshly boiling water

Add and mix the coffee, finely ground, with the egg and enough cold water to thoroughly moisten it, cover and let stand several hours. Place in thin bag and drop in the boiling water. Boil 5 minutes, let stand 10 minutes. Add cream to coffee and serve.

CEREAL COFFEE

Put ½ cup cereal coffee with 1 quart cold water in coffee pot, let boil 20 minutes; let settle 10 minutes. Serve with hot milk and sugar.

LEFT-OVER COFFEE

Fresh left-over coffee, with grounds removed, may be kept hot for some time in a thermos bottle or kept in refrigerator and served ice cold with cream and sugar.

Or when fresh coffee is prepared for the following meal, make the measure less by the amount of left-over coffee. When the fresh coffee is ready for the table add left-over coffee, reheated.

TEA

3 teaspoons tea 2 cups freshly boiling water

Scald an earthen or china teapot. Put in tea and pour on boiling water. Let stand on back of range or in a warm place no longer than 3 minutes. Strain and serve immediately with or without sugar and milk.

AFTERNOON TEA—HOT

No. 1, with Orange—Serve tea hot, without milk, allowing a slice of orange to each cup, adding a few cloves, if desired.

No. 2, with Preserved Fruit—Serve tea hot without milk or sugar, allowing 1 teaspoon preserved fruit to each cup; strawberry, raspberry, cherry or pineapple preserves.

No. 3, with Loaf Sugar—Loaf sugar may be flavored with lemon or orange and packed and stored in jars to be used later, to flavor and sweeten the tea. Wash rind of lemon or orange and wipe dry, then rub over all sides of the sugar.

No. 4, with Candy—Serve hot, without milk, sweeten with hard sugar candies, as lemon, clove or cinnamon drops, or with rock candy.

RUSSIAN TEA

1 tablespoon tea
1 cup boiling water
Loaf sugar
1 teaspoon preserved cherries, strawberries or raspberries
Lemon slices

Russian tea is made and served in dining or drawing room. The water is kept hot in a samovar and a strong tea is steeped in an earthenware teapot. Pour the cup of boiling water over the tea, let stand 3 minutes. Fill teapot full of boiling water, let stand 5 minutes. In serving, pour into each cup ¼ to ½ cup of tea. Fill cup with hot water from samovar. The tea may be served hot or cold, but always without milk. A thin slice of lemon, or the preserves, is served with each cup.

CHOCOLATE

1½ ounces bitter chocolate
4 tablespoons sugar
1 cup boiling water
3 cups milk
Few grains salt

Scald milk; melt chocolate in small sauce pan over hot water; add sugar, salt and gradually boiling water; when smooth, place on range and boil 1 minute; add scalded milk. Beat and serve. If the sweet chocolate is used, omit the sugar.

COCOA

1 cup milk
1 cup boiling water
2 teaspoons cocoa
2 scant teaspoons sugar

Scald the milk. In a sauce pan put the cocoa, sugar and boiling water. Boil one minute, then add it to the scalded milk. Taste, and add more sugar, if needed.

COCOA PASTE

1 pint boiling water
½ cup cocoa
⅓ teaspoon vanilla
Few grains salt

Put the cocoa into a saucepan, pour on the boiling water gradually, stirring until cocoa is thoroughly dissolved. Boil until thick,

about 5 minutes, stirring constantly; add salt and vanilla if desired. Cover and keep in a cool place. When wanted, add to 1 teaspoon of the paste, 1 cup hot milk or milk and water mixed. Stir until dissolved. Add sugar to taste.

COCOA SHELLS

1 cup cocoa shells
6 cups boiling water

Boil shells and water three hours; as water boils away, add more water. Strain and serve with milk and sugar. By adding ⅓ cup of cocoa nibs a much more satisfactory drink is obtained.

RECEPTION COCOA

3 cups milk
1 cup boiling water
2 tablespoons cocoa
2 tablespoons sugar
1 teaspoon cornstarch
Few grains salt
½ teaspoon vanilla
Whipped cream

Stir the boiling water gradually onto the mixed dry ingredients, in a saucepan, let boil five minutes, stir ing constantly. Heat milk in double boiler, add the cocoa mixture and vanilla. Beat with egg beater until foamy and serve hot in chocolate cups, with a tablespoon of whipped cream on top of each cup or take marshmallows, place two in each cup and fill cups two-thirds full of hot cocoa.

HOT SPICED LEMONADE

½ cup sugar
1 quart cold water
½ teaspoon whole cloves
2 inch cinnamon bark
½ teaspoon allspice
4 lemons, juice
1 lemon sliced

Let water, sugar and spices gradually come to a boil, simmer for 5 minutes and strain. When ready to use, add one quart hot water, the juice of 4 lemons. Served hot in punch glasses with a slice of lemon in each glass. Also good served ice cold.

MULLED CIDER

2 quarts cider
1 cup brown sugar
1 inch stick cinnamon
6 cloves
1 teaspoon whole allspice

Add spices and sugar to cider, place in kettle and let simmer over fire (not boil) for 15 minutes, and serve hot in punch glasses. Add a little grated nutmeg.

HOT FRUIT PUNCH

1 quart cherry, currant, raspberry or grape juice
2 quarts water
2 cups sugar
½ teaspoon whole cloves
1 inch stick cinnamon
2 lemons, juice
Thin slices lemon rind

Boil sugar, water, lemon rind and spices until flavored. Mix all, boil 5 minutes and serve hot in punch glasses.

HOT MALTED MILK

3 teaspoons malted milk
1 tablespoon boiling water
Hot milk or water
Salt and white pepper

Place malted milk powder in cup, mix to a smooth paste with a little boiling water. Fill cup with hot milk or water, stirring all the time. Season to taste with salt and pepper or a little celery salt, reheat and serve.

HOT MALTED MILK WITH SOUP

1 teaspoon malted milk
Boiling water
Salt and pepper
3 tablespoons chicken or beef soup or oyster juice
Hot water or milk

Mix the milk powder to a smooth paste with a little boiling water, add the soup stock and hot water or milk to fill cup. Season with salt and pepper, and if desired, celery salt. Reheat, stir until smooth and serve.

HOT MALTED MILK WITH COCOA

1 tablespoon malted milk
1 tablespoon cocoa
Boiling wate
Hot milk
Sugar, salt
Cinnamon

Mix milk powder and cocoa or grated chocolate, a little salt, to a smooth paste with a little boiling water, add ⅔ cup hot milk, sugar to taste, and a little cinnamon. Reheat and stir until smooth and serve if desired, with a spoonful of whipped cream.

HOT MALTED MILK WITH EGG

2 tablespoons malted milk
Boiling water
⅔ cup hot milk or water
1 egg
Few drops vanilla, or
Grated nutmeg

Mix malted milk in cup to smooth paste with a little boiling water. Beat egg until light, add to malted milk, add hot milk and flavoring, stir until smooth and serve.

CHAPTER IV

BREAD, ROLLS AND TOAST

GENERAL RULES FOR YEAST LOAF

A good loaf of bread should be rounded at the top and light in weight; the crust should be smooth, golden brown, tender and crisp. When cut, the crumb should show a fine grain, tiny even holes; be moist and elastic and spring back to shape when pressed; should taste slightly sweet and not the least bit sour.

Bread is made of flour, water, salt and yeast. For the usual size loaf, 8″ x 3½″ and 3″ deep, use:

1 cup liquid	1 teaspoon salt
3 cups of flour	½ to 1 cake of yeast

Adding 1 tablespoon sugar and 1 tablespoon fat improves it.

Bake loaves in pans, not too close together, in a hot oven, from ¾ to 1 hour; the first 15 minutes at 400° F., then reduce to moderate heat, 350° F. Bread is done when it shrinks from the pan. Remove from pans at once. Let cool thoroughly, placing bottom or sides of bread across edges of pan, or on rack. Store in tin box or crock.

Flour—Sift flour before using. For white bread, use bread flour made from hard wheat.

Salt, Sugar and Potato—Sugar in limited amounts quickens the action of the yeast; salt retards it. Potatoes, mashed, potato or rice water help to keep bread moist and also hasten the rising.

Fat—Butter, substitute, pure sweet meat fat or vegetable oil.

Liquid—Use water, milk, skim milk, whey, potato or rice water alone or mixed with water. Water should be boiled, milk scalded other liquids heated and then cooled to lukewarm (98°–105° F., before adding yeast.

Yeast is a plant. Hot water kills it, cold water chills it. Lukewarm water should be used. Increasing the amount of yeast shortens time for the rising and does not affect the quality of the bread. Use either **compressed** or **dry yeast.** Compressed yeast must be fresh. If it is fresh 1 cake of yeast blended with 1 teaspoon of sugar will readily dissolve.

Dry Yeast will remain fresh for weeks if kept in wrapper in a closed jar in a dry, cool place. Break and soak 1 dry yeast cake in a cup of lukewarm water 20 minutes before mixing sponge or dough.

When using dry yeast start the dough in the **evening,** whether mixing it first into a stiff batter or sponge, or kneading it at once into a stiff dough. Let rise in a warm place overnight. If sponge method is used, or in warm weather take half the amount of yeast.

WHITE BREAD

(Straight Dough Method, with Compressed Yeast)

2 cups scalded milk, or boiling water
2 teaspoons salt
2 tablespoons sugar
2 tablespoons fat
½ oz. compressed yeast in ¼ cup lukewarm water
6 to 6½ cups flour

Stiff Dough—Put salt, sugar and butter in large mixing bowl; pour on the hot milk or water; when lukewarm add yeast dissolved in lukewarm water, add ½ of the flour, mix and beat to a smooth batter. Add remaining flour gradually. When too stiff to beat, toss on floured board, fold eges of dough toward center, press down and away with palm of hand, turning dough around and around until it no longer sticks to hand or board, is smooth and elastic, full of blisters and when pressed with finger, springs back.

Let Rise—Put kneaded dough into lightly greased bowl, cover and set in a warm place at kitchen temperature (70–82° F.) free from drafts. Let rise until doubled in bulk.

Knead Down—Dough may be cut down in bowl to original bulk or kneaded lightly without adding more flour and returned to bowl. Cover, let rise again about 1 hour or until doubled.

Shape Loaves—Handle dough lightly. Cut in 2 equal parts. Shape into loaves half the depth of pan and slightly longer, place in greased pans, cover with cloth, let rise again until doubled.

Bake 45 minutes to 1 hour in a hot oven, 450° F., for first 15 minutes, then to 350° F. When done it shrinks from pan. Remove from pan. Place across edges of pan until thoroughly cool.

WHITE BREAD

(Sponge Method with Dry Yeast)

Sponge—

1 cup lukewarm water or potato water
2 cups flour
½ dry yeast cake

Break yeast and let soak 20 minutes in lukewarm water, stir in flour and beat to a thick, smooth batter. Cover and let rise over night at room temperature, 70° to 82° F., until light and doubled.

Stiff Dough—

1 cup lukewarm milk
1 tablespoon salt
2 tablespoons sugar
2 tablespoons fat
4 cups flour

In the morning scald milk, add salt, sugar and fat and when lukewarm, beat this gradually into the sponge. Stir in the remaining flour and knead to a medium stiff dough until smooth

and elastic. Cover. Let rise until doubled. If convenient, knead down and let rise again. Shape into 2 loaves, place into greased pans, cover, let rise until doubled. Bake in hot oven, 450° F., the first 15 minutes, then to 350° F. Bake 45 minutes to 1 hour. Remove bread from pan. Place across edges of pan until thoroughly cool.

FRENCH BREAD

Make White Bread, page 57, omitting sugar and fat. When ready to place in pans, divide into 4 equal parts and shape into long, narrow loaves. Place in greased pans, far apart. Slash ⅛ inch deep through top of loaf, lengthwise. Brush with beaten egg white and water mixed. When double its bulk, bake in hot oven, 400° F., for first 15 minutes, then 350° F., or until crisp and well done.

CHOLLA (SABBATH TWISTS)

8 cups flour
2 cups hot water
2 tablespoons vegetable oil
1 tablespoon salt
1 tablespoon sugar
½ oz. compressed yeast
¼ cup lukewarm water
2 eggs

Pour water over salt, sugar and fat in mixing bowl. When lukewarm add yeast dissolved in lukewarm water, add eggs, beaten, and flour gradually. Mix and stir, then knead until smooth and elastic. Cover, set aside in a warm place to double its bulk. Turn ½ of dough on board, cut into 4 equal parts, roll each 1½ inches thick, twisting 3 into a braid; fasten ends well and place in floured bread pan. Cut remaining ¼ into 3 parts, roll each part ½ inch thick, braid and lay on top of braid in pan. Brush with beaten yolk of egg and sprinkle with poppy seed. Bake in hot oven 1 hour, 400° F., first 15 minutes, then to 350° F.

BRAIDED RAISIN BREAD (BARCHES)

1 pint hot milk or water
⅓ cup butter or fat
½ cup sugar
1 teaspoon salt
1 egg, beaten
¼ cup raisins
8 cups flour
1 oz. cake of yeast
½ teaspoon powdered anise

Dissolve yeast in ½ cup of the milk made lukewarm. Set aside in warm place. Pour the rest of the milk over butter, sugar and salt in a mixing bowl and when lukewarm, add the yeast and the egg. Mix and knead well on bread board with the rest of the ingredients, using more flour if necessary until smooth and elastic. Return to bowl, cover closely and set in a warm place until double its bulk. Form into plain loaves or divide dough into 3 or 4 parts, roll into long strands and with 3 of the strands, make a braid.

Place in large pan. Fold the remaining strand double, twist like a rope and lay lengthwise down the center of bread. Brush with yolks of egg beaten, sprinkle with poppy seed over all, if desired; let rise until double its bulk. Bake in a moderate oven (375° F.) one hour until well done and browned.

RAISIN OR NUT BREAD

Follow any recipe for White Bread, add twice the amount of sugar. When dough has been kneaded stiff, work in ½ cup seeded raisins or chopped nuts, dusted with flour. Let dough rise as usual and finish in regular way. Or use chopped figs, dates or prunes.

MILWAUKEE RYE BREAD

No. 1

4 cups rye flour
2 cups wheat flour
1 cup riced potatoes, solidly packed
1 cake yeast (1 ounce)
1 tablespoon salt
1 pint hot potato water
1 teaspoon caraway seed

Pour potato water in mixing bowl. When lukewarm add yeast dissolved in ¼ cup of the lukewarm liquid. Stir in rest of ingredients, knead until smooth and elastic. Let rise in warm place until doubled. Form into loaves, place in pans, let rise. When double its bulk, bake in a hot oven (375° F.) 1 hour or longer. Brush top with water.

No. 2

¾ cup corn meal
1½ cups cold water
1½ cups boiling water
1½ tablespoons salt
1 tablespoon sugar
2 tablespoons fat
1 tablespoon caraway seed
2 cups mashed potatoes
¼ cup lukewarm water
1 cake yeast
6 cups rye flour
2 cups wheat flour

Stir the cold water into the cornmeal until smooth, place over fire, add the boiling water and let cook, stirring constantly, about 2 minutes, to a mush. Add salt, sugar and fat and let stand until lukewarm. Add potatoes and the yeast dissolved in the lukewarm water, and then the rye and wheat flour. Mix and knead to a smooth, stiff dough, using wheat flour or corn flour on the board to mould. Cover, set as de in warm place until double its bulk. Shape into 3 or 4 loaves, place in greased pans. Let rise to top of pans, bake 1 hour or longer in a hot oven (375° F.).

PUMPERNICKEL

Follow directions for Milwaukee Rye Bread No. 2, above, using rye meal (rye graham) in place of the rye flour. Make smaller loaves and let bake thoroughly.

COCOA BREAD

1 cake yeast
1 cup hot milk
¼ cup sugar
2 tablespoons butter
1 teaspoon salt
1 egg slightly beaten
3 cups flour
¼ cup cocoa

Place yeast with 1 teaspoon sugar in ¼ cup lukewarm water until dissolved. Put butter, salt and sugar in mixing bowl. When melted and lukewarm add dissolved yeast and the egg; beat until smooth. Stir in the flour and cocoa, knead lightly to form a soft dough, adding more flour if necessary. Cover and set in warm place until double its bulk. Toss on floured board, form into loaf and place in bread pan. When double its bulk, place in moderate oven, 350° F., for ¾ hour or until well done.

NORWEGIAN RYE BREAD

1 cup graham flour
¼ cup brown sugar
3 cups rye flour
1 tablespoon salt
1 cake yeast
Hot water

Mix dry ingredients. Pour and beat in as much hot water as flour will take up, making stiff batter. Cover, let stand until lukewarm. Add dissolved yeast, 1 cup water and wheat flour to mould. Let stand till double its bulk. Shape into loaves, when light, bake in moderate oven 1¼ hours, (375° F.).

OATMEAL BREAD

1½ cups rolled oats
2 cups boiling water
2 teaspoons salt
1 cake yeast
¼ cup lukewarm water
¼ cup sugar
4½ or 5 cups wheat flour

Pour the boiling water over the oats, salt and sugar, stir and let stand until lukewarm. Add yeast, dissolved in the ¼ cup warm water and then gradually the flour, kneading it to a smooth dough. Let rise until double its bulk; toss on floured board, shape into two loaves and turn into two greased bread pans. Let rise again until double its bulk and bake in a moderate oven (375° F.) from 45 to 60 minutes. Oatmeal may be ground.

COMBINATION BREAD

1 cup raw rolled oats
1 cup corn meal
1 tablespoon salt
2 tablespoons sugar
1 tablespoon fat
2 cups boiling water
2 cakes compressed yeast
½ cup lukewarm water
1 cup rye flour
1 cup entire wheat flour
1¾ cups white flour

Add fat, salt, sugar, oatmeal and cornmeal to boiling water, let stand 1 hour. Add yeast cake dissolved in the lukewarm water,

then add rye, entire wheat and the white flour. Beat thoroughly, knead, place in bowl, cover and let rise. When double its bulk, knead, shape into loaves, and bake in a hot oven (375° F.) about 45 minutes. This makes 2 loaves.

SOFT GRAHAM BREAD

3 cups graham flour
1 cup wheat flour
1 teaspoon salt
½ cup molasses, or
¼ cup sugar
2 tablespoons butter
¾ yeast cake
1½ cups warm water

Dissolve the yeast with a little of the lukewarm water, mix the other ingredients in the order given, and add, if necessary, more wheat flour to make a soft dough. Cover bowl and set in warm place. When light, beat it and pour into the bread pans, filling them half full. When light, bake in a moderate oven (350° F.)

WHOLE WHEAT BREAD

1 cup boiling water
1 cup fresh milk
½ oz. yeast (1 cake)
2 tablespoons warm water
4 cups whole wheat flour
2 cups wheat flour
2 teaspoons salt
2 tablespoons sugar

Select whole wheat flour, free from outside bran, pour ½ the boiling water into the fresh milk. When lukewarm add yeast, dissolved in 2 tablespoons of warm water, salt and sugar. Mix and stir in sufficient whole wheat flour to make a batter that will drop from a spoon, beat well, cover and let stand in a warm place for 3 hours, or until quite light, then stir in sufficient flour to make a firm dough, knead lightly for about 10 minutes, making a little softer loaf than for white bread. Mould 2 loaves, place in greased pans, cover and let stand in a warm place until the loaves are double their bulk, about 1 hour. Bake in a moderate oven (375° F.) for 1 hour.

Add 1 cup nuts when moulding into loaves, if desired.

GLUTEN BREAD

3 cups milk or water
½ oz. yeast (1 cake)
About 3 pints gluten flour
1 egg
2 tablespoons melted butter
½ teaspoon salt
2 tablespoons sugar, if agreeable

Make a sponge, with lukewarm milk or water, the yeast crumbled and softened, and a pint of flour. When light, add salt, butter, sugar, if used, the beaten egg and gluten flour to knead. Knead until smooth and elastic. Shape into loaves. Bake about 1 hour, (350° F.).

KNEIPP OR HEALTH BREAD

2 cups of boiling water
1 tablespoon salt
1 tablespoon butter or other fat
1 tablespoon sugar
½ oz. compressed yeast
4 cups graham flour
2 cups wheat flour

Pour the boiling water on the salt, sugar, and butter; when lukewarm add the yeast dissolved in ½ cup lukewarm water, then the flour, 1 cup at a time; mix to a stiff dough and knead until smooth, adding more wheat flour if necessary. Let rise in a warm place until double its bulk. Shape into two loaves and place in greased, floured pans. Let rise again until double its bulk and bake in a hot oven (375° F.) about one hour or until well done.

QUICK BREADS

IN PLACE OF YEAST

Baking powder may be used in the place of yeast, to make a flour mixture rise.

Baking powders are composed of soda, an acid and a little starch. There are three kinds of powders, according to the kind of acid used. 1st—Cream of Tartar; 2nd—Phosphate, and 3rd—Alum. The Cream of Tartar Powders are the most desirable.

Baking Powder Biscuit Dough, page 72, may be used in place of Kuchen Dough, page 417, in making Kuchen, Tarts, Turnovers, page 420, or Kuchen Roll, page 424, adding, if desired, ¼ cup sugar, and less milk to the recipe, so dough may be rolled on board.

Use 1 teaspoon soda and 2½ teaspoons Cream of Tartar to 1 quart of flour.

Use 1 teaspoon soda to 1 pint of thick sour milk.

Use ⅞ teaspoon soda to 1 cup molasses for batters.

Use ⅜ teaspoon soda to 1 cup molasses for stiff doughs.

WHITE NUT BREAD

½ cup sugar
1 egg
½ teaspoon salt
2½ cups flour
4 teaspoons baking powder
½ cup nut meats, broken
1 cup milk

Mix dry ingredients, add egg to milk and combine the two mixtures. Place in greased bread tin, let stand 20 minutes, then place in moderate oven (350° F.) and bake ½ hour or until well done. Better day after it is made.

BROWN NUT BREAD

1½ cups graham flour
¾ cup wheat flour
1½ cups sour milk
⅓ cup New Orleans molasses
½ teaspoon salt
1½ teaspoons soda
¼ cup broken walnuts

Mix dry ingredients, add milk to molasses and stir well to a smooth batter, nut meats last. Place in greased bread pan and bake in moderately slow oven (325° F.) one hour.

BUTTERMILK BREAD

4 cups flour
¼ teaspoon salt
1 teaspoon sugar
1 teaspoon soda
2 teaspoons cream of tartar
1 egg, beaten
1½ cups buttermilk

Sift the dry ingredients, add the rest and mix well. Place in well buttered pan and bake in a moderate oven (350° F.) 35 minutes.

GRAHAM BREAD WITH BUTTERMILK

2 cups graham flour
1 cup wheat flour
½ teaspoon salt
1 teaspoon soda
1 tablespoon sugar
1 tablespoon butter
1 egg
1½ cups buttermilk or sour milk
½ cup nut meats, cut

Mix the dry ingredients, add the rest and stir well. Place in well buttered pan and bake in a moderate oven (350° F.) 35 minutes.

BRAN BREAD

4 cups white flour
4 cups bran flour
4 teaspoons soda
4 cups sweet milk
1 cup molasses
2 teaspoons salt

Add nuts or raisins or both as desired.

Sift the soda and salt with the white flour, add bran and mix well. Add molasses and milk. This will make three or four flat loaves. Place in greased pans (4½ x 9 inches) and bake one hour in a moderate oven at about 350° F.

PEANUT BUTTER BREAD

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
⅔ cup peanut butter
1¼ cups milk

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, blend well and add to dry ingredients; beat thoroughly. The dough must be soft enough to take the shape of the pan. Bake in greased loaf pan in moderate oven (350° F.) 45 to 50 minutes. Best when a day old.

PRUNE, DATE, OR RAISIN BREAD

1 cup prunes, dates or raisins
2½ cups graham flour; or 1 cup flour and 1½ cups graham
¼ cup sugar
1 teaspoon salt
4 teaspoons baking powder
1 cup milk
1 tablespoon shortening

Wash prunes, soak several hours, drain, stone, chop. Mix dry ingredients, add milk, beat well; add prunes, dates or raisins chopped and melted shortening. Put in greased pan; let stand 25 minutes in warm place. Bake in moderate oven (350° F.) one hour.

CORN BREAD

No. 1

1¼ cups flour
¾ cup cornmeal
4 tablespoons sugar
1 egg
5 teaspoons baking powder
1 cup sweet milk
2 tablespoons butter, melted
½ teaspoon salt

Mix the dry ingredients by sifting them together. Add the milk, the well beaten egg and the butter. Beat well and bake in a shallow pan in a hot oven, (375° F.) twenty minutes.

No. 2

2 cups cornmeal
1 cup flour
1¼ teaspoons soda
½ teaspoon salt
¼ cup sugar
1 egg
½ cup sour cream
2 cups sour milk

Mix the dry ingredients, add the egg beaten lightly and the sour cream and milk. Beat well and bake in shallow pans, in a hot oven (375° F.) about half an hour.

SOUTHERN SPOON CORNBREAD

1 cup cornmeal
2 cups boiling water
1 teaspoon salt
2 eggs, well beaten
2 cups milk
1 tablespoon fat

Scald cornmeal with water, stir thoroughly, then cool. Add melted fat, eggs, salt and milk. The batter should be quite thin. Pour into greased baking dish and bake from 30 to 40 minutes in moderate oven (350° F.). Leave in dish, serve with spoon.

ORANGE AND NUT BREAD

2 cups wheat flour
2 cups whole wheat flour
4 teaspoons baking powder
2 teaspoons salt
½ cup sugar
½ cup each candied orange peel and Pecan meats, cut fine
1 egg, well beaten
2 cups of milk

Mix dry ingredients well, add nuts and candied orange peel, (Orange Sticks, page 518.) Add milk to egg and combine the two mixtures. Stir until smooth, then beat well. Pour into two greased bread pans (about 4 x 8 inches) and bake in a moderate oven (350° F.) 45 minutes until well baked.

BOSTON BROWN BREAD

No. 1

1 cup rye meal
1 cup cornmeal
1 cup graham flour
1 teaspoon salt
¾ cup molasses
2 cups sour milk with
¾ tablespoon soda, or
1¾ cups sweet milk with
5 teaspoons baking powder

Mix and sift dry ingredients; add milk and molasses, stir until well mixed. Place in covered, greased mould ⅔ full, steam two and one-half hours; in small cups, one hour. In pressure cooker, 1½ hours, leaving petcock open.

To Steam—If ordinary kettle is used, place mould on rack, add warm water to half the height of mould. Cover kettle tightly, let water gradually come to boiling point, boil gently from 1 to 3 hours or until done, adding more boiling water when necessary.

No. 2

1 egg
½ cup sugar
½ cup molasses
1 cup sour milk
2 teaspoons soda
1 teaspoon salt
2¾ cups graham flour

Beat egg slightly, add sugar and molasses and the rest of the ingredients. Mix well and place in 3 one-pound greased baking powder cans (tight covers), and steam two hours.

BISCUITS AND ROLLS

CRISP ROLLS (SEMMEL)

No. 1

Take Wheat Bread Dough, page 57, when ready to shape into loaves, cut into small, even pieces. Knead into rounds 1 inch high, 3 inches wide. Set 2 inches apart in a shallow pan, let rise slightly Dip handle of knife in flour, press down through center, lengthwise, rolling it back and forth to make a deep crease through the middle of each piece., Let rise again, brush top with egg yolk mixed and beaten with a little cold water. Bake 20 minutes at 400° F., or until crisp and golden brown.

No. 2

Or, form into smaller balls, set together in pairs, place in pans far apart. When well risen, place a thin rolled strip of dough across the top of each pair. Brush with slightly beaten egg yolk mixed

with a little cold water. Let stand to rise again and bake 20 minutes at 400° F. or until crisp and golden brown.

No. 3

Or, form dough into rounds 1 inch high and 2 inches wide. Place rolls close together, in rows set far apart. Through center top of rolls all along the row, make a ¼ inch deep cut. Brush with slightly beaten egg yolk mixed with a little cold water. Let rise again and bake in hot oven until crisp and brown.

BAGEL (PRETZEL ROLLS)

Make dough as for Bread Sticks, page 69, let rise. Roll in small pieces width of your finger and twice the length, tapering at ends. Shape into rings or pretzels, pinching ends well together. Let stand on floured board, only until they begin to rise.

Fill large, shallow pan half full of water, when very hot, but not boiling, drop rings in carefully, one at a time. Let cook under the boiling point on one side, then turn, with skimmer on the other, and let cook. They must be light, keep their shape and not break apart when handled. Place in hot oven (400° F.) on thin baking tin. If desired sprinkle with salt and caraway seed, and let bake until crisp and golden brown.

POPPYSEED HORNS OR CRESCENTS

Take Wheat Bread Dough, page 57, or Kuchen Dough, page 417, and when well risen, toss on floured baking board, roll into a round sheet ¼ inch thick. Spread with melted butter, then cut from center to outer edge in three-cornered pieces like pie. Roll over and over, stretching a little, from the longest side to the opposite point. Shape into long, straight rolls, or into crescents or half moons. Place in greased pans rather far apart; brush with beaten yolk to which a little cold water has been added and sprinkle tops of horns with poppy seed. Set in warm place to rise and when double its bulk, bake in hot oven 20 minutes at 400° F. or until brown and crusty.

RYE YEAST ROLLS

Make Milwaukee Rye Bread Dough, page 59. When ready to put into pans, cut and shape into small loaves 1½ inches wide, 3 inches long. Place far apart on a floured pan, brush the top with slightly beaten white of egg mixed with a little cold water and sprinkle with caraway seeds and a little salt. Let rise and bake in a hot oven 25 minutes at 400° F., or until brown and crisp.

PARKER HOUSE ROLLS

No. 1

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 ounce compressed yeast
¼ cup lukewarm water
5½ cups flour

Add butter, sugar and salt to milk. When melted and lukewarm, add yeast dissolved in lukewarm water. Stir in the flour gradually and form into a soft dough, adding only enough more flour to knead. Cover and let rise in a warm place until double its bulk. Toss gently on floured board, handle as little as possible so as not to disturb the air bubbles. Pat or roll ⅓ inch thick, brush well with melted butter, cut into rounds 2½ inches across. Fold over double so edges meet. Press finger through center of edges to keep shape. Place in rows close together in greased pans, let stand until slightly raised, then bake in a hot oven (450° F.) 12 to 15 minutes, decreasing the heat. Makes about four dozen rolls.

No. 2

½ oz. compressed yeast
1 cup warm milk
1 tablespoon butter
1 teaspoon salt
¼ cup sugar
1 quart sifted flour (scant)
2 large potatoes, (baked and grated)
2 eggs

Dissolve yeast in the warm milk. Mix in the order given and knead while the potato is hot and set to rise. Add more flour if necessary. Roll thin and cut with small biscuit cutter. Lay two biscuits, one on top of the other in a pan and stand in a warm place. Bake about twenty minutes in a moderate oven at 375° F. Brush over with sugar and water before placing in the oven.

TEA ROLLS

1 cup milk
1½ cups flour
1½ teaspoons salt
⅓ cup butter
1 oz. compressed yeast
¼ cup sugar
2 eggs
Flour

Scald milk; when lukewarm, dissolve yeast in it and add 1½ cups flour. Beat thoroughly, cover and allow to stand until light. Add sugar, salt, eggs, butter, enough more flour to knead. Allow to rise again until light. Shape into round balls or small oblong finger rolls and place in buttered pans close together; when light, bake in a hot oven, (400° F.). If crusty rolls are desired, set far apart.

TO SHAPE LUNCHEON ROLLS

Take any roll recipe made with yeast and when dough is light, cut in small pieces and shape as follows:

Plain Rolls—Cut off pieces, size of an egg, fold sides under until top of roll is round and smooth. Place far apart or close together on greased tin. Or roll dough 1 inch thick and form with 2-inch biscuit cutter.

Finger Rolls—Roll dough size and shape of finger. Place close together on well greased pan, brushing melted butter between, or place in special grooved pans.

Crescent Rolls—Roll dough ¼ inch thick in round sheets size of plate. Spread with melted butter, cut dough from center to the edge in three-corned pieces like pie. Beginning at the wide end, roll up to the point. Draw ends around into half-moons or crescents.

Clover Leaf Rolls—Grease muffin pans, roll dough into 1-inch balls, place 3 in each cup, brushing melted butter between.

Rose Rolls—Place 5 to 7½-inch balls in each cup of a greased muffin pan. Brush melted butter between balls.

Braided Rolls—Roll 3 or 4 pieces of dough each the width of a finger and twice as long. Lay side by side, pinch top ends together and twist into a loose braid. Press bottom ends together.

Twists—Roll the dough ½ inch thick and 7 inches long with palm of hand. Hold one end in each hand and twist the ends in opposite directions. Bring the two ends together thus forming a shape like rope. Place on greased pans ½ inch apart.

EVER-READY ICEBOX DOUGH

1 qt. milk
1 cup mashed potatoes
1 cup sugar
1 cup butter
1 teaspoon salt
2 oz. compressed yeast
1 teaspoon soda
2 teaspoons baking powder
2¾ quarts flour

Place first five ingredients in large saucepan. Heat slowly to the boiling point. Let stand until lukewarm. Add yeast dissolved in a little of this lukewarm mixture. Mix soda and baking powder with flour. Stir in enough to make a stiff batter. Let rise 15 minutes. Knead to a stiff dough, adding more flour.

Put in a large earthern, china or glass vessel, as the dough will rise until thoroughly chilled. Cover and place in icebox 24 hours before using. Knead down again. When ready to use, cut off desired amount, shape into Parkerhouse, Cloverleaf or any other desired rolls or kuchen. Let rise 1 to 1½ hours, or until very light. Bake in quick oven (400° F.) 10 to 15 minutes or until well done.

Place rest of dough in icebox and use from time to time. Dough will keep for several weeks.

ZWIEBACK

½ cup milk
½ teaspoon salt
1 oz. compressed yeast
Flour
¼ cup sugar
¼ cup melted butter
3 eggs
½ teaspoon powdered anise

Scald the milk and when lukewarm add to the crumbled yeast. Add the sugar, butter, salt, and the eggs unbeaten, and enough flour to handle. Let rise until light. Make into oblong rolls the length of middle finger, and place close together in a buttered pan in parallel rows, two inches apart. Let rise again and bake 20 minutes at 400° F. When cold, cut in ½-inch slices and brown evenly in the oven.

GLUTEN WAFERS

⅜ cup cream
⅜ teaspoon salt
1 cup gluten flour

Add the salt to cream, then add the flour, enough to make a very stiff dough. Knead until smooth. Roll very thin. Mark with a grater or prick with a fork. Cut into strips and place in greased and floured pans. Bake in a hot oven until light brown.

PLAIN WAFERS

1 cup flour
1 teaspoon salt
1 tablespoon butter
Milk

Sift flour and salt together, chop in the butter, and add milk, to make a very stiff dough; chop thoroughly and knead until smooth, make into small balls and roll each one into a thin wafer. Place in shallow greased and floured pans and bake in a hot oven until they puff and are brown.

BREAD STICKS

1 cup scalded milk
¼ cup butter
1½ tablespoons sugar
1 yeast cake
1 egg (white)
3¾ cups flour
½ teaspoon salt

Add butter, sugar and salt to milk; when lukewarm add yeast cake, white of egg well beaten, and flour.

Knead, let rise, roll, shape and size of a lead pencil. Place in floured pan, far apart, brush tops with beaten yolk of egg and sprinkle with poppy seed (if desired). Let rise and bake in hot oven (400° F.) until brown and crisp.

SALT STICKS

Follow directions for Bread Sticks, as above, or use Milwaukee Rye Bread No. 1, page 59. Brush with yolk of white of egg, beaten

slightly, sprinkle well with salt and caraway seed. Bake in hot oven (400° F.) until brown and crisp.

BREAD STICKS, SWEET

Follow directions for Bread Sticks as above. Adding ¼ cup sugar. Brush with melted butter, sprinkle with sugar, cinnamon and chopped almonds. Bake at 400° F. until crisp and golden brown.

ENGLISH MUFFINS

1½ cups hot milk
3 tablespoons butter
1 qt. flour
1 teaspoon salt
1 oz. compressed yeast
¼ cup warm water

Add butter and salt to milk, when lukewarm add yeast dissolved in warm water. Stir in the flour, let rise in a warm place several hours or until light and spongy.

Grease inside of 12 large muffin rings and place on well floured board. Fill each ring ½ full of the batter, let stand until it just begins to rise. Heat griddle, grease if necessary. Place muffins with rings on griddle, using pancake turner. Let bake slowly. When slightly brown at the bottom and well risen turn on other side with pancake turner, let bake slowly until done. When cool, cut in half, crosswise, toast a golden brown on cut side, butter well and serve hot.

TOAST

DRY TOAST

Use day-old bread, slice ⅓ inch thick; if fresher, dry in the oven. Then put on a toaster or fork, move it gently over heat until dry, then allow it to become a light brown by placing it nearer the heat and turning constantly; or, light gas oven, heat five to eight minutes. Place bread in toaster or pan, one inch from gas, in lower or broiling oven. When brown on one side turn and brown on the other. Serve dry, or butter while still hot. Toast should be golden brown and crisp. If closely piled and allowed to stand, it will become moist and soft. Bread cut into triangles and toasted is called toast points, and is used for garnishing.

WATER TOAST

Dip slices of dry toast into boiling, salted water. Quickly remove and butter.

CREAM OR MILK TOAST

2 cups milk or cream
1 tablespoon flour
2 tablespoons butter
1 teaspoon salt

Melt the butter, add flour and when it bubbles, add salt and gradually stir in the hot milk. Stir until it thickens, pour this sauce over slices of dry or water toast; or butter the dry hot toast,

sprinkle with sugar and cinnamon, add ½ teaspoon salt to 1 cup of hot milk, and pour it over the toast. Serve hot.

MELBA TOAST

Cut bread as thin as possible and brown in the oven until crisp.

FRENCH TOAST

2 eggs
⅔ cup milk
½ teaspoon salt
6 slices of stale bread

Beat the egg slightly, add salt and milk, dip the bread in the mixture. Have a griddle hot and well buttered; brown the bread on each side. Serve hot with cinnamon and sugar or a sauce.

MATZOS A LA FRENCH TOAST

4 matzos (unleavened bread)
6 eggs
½ tablespoon salt
2 tablespoons goose fat, or olive oil
Sugar and cinnamon
Lemon, grated rind

Beat eggs very light, add salt. Heat the fat in a spider. Break matzos into large, equal pieces. Dip each piece in the egg mixture and fry a light brown on both sides. Serve hot, sprinkled with sugar, cinnamon and a little lemon rind.

CINNAMON TOAST

Toast bread. Butter while hot, sprinkle with sugar and cinnamon. Place in oven, let stand until sugar and butter melt. Serve hot with tea or coffee.

TO FRESHEN STALE BREAD

To Freshen Stale Bread—Dip it in cold water, place in hot oven until thoroughly heated.

To Freshen Rolls—Place them in a paper bag in the oven for a few minutes.

To Steam Stale Bread—Take a section of a loaf or single slices, coffee cake, or rolls, place in a double boiler or regular steamer over rapidly boiling water and cover closely or put in a colander lined with waxed paper, above boiling water for a few minutes.

USES FOR STALE BREAD

Stale bread may be used for Soup Garnishes, page 113, as Croutons, Soup Sticks, etc. For Bread Patties or Canapes, see page 263. Crumbs, crusts and small pieces of bread should be dried in a cool oven until a light brown. Roll them on a pastry board, or put through a meat grinder; then sift. Use them only to cover articles of food cooked in deep fat. Crumbs should be kept in jars covered with a piece of muslin.

Zwieback—Cut sweetened wheat bread, or Kuchen, ½ inch thick; place in a slow oven until thoroughly dried out; increase heat for a few minutes until a golden brown.

CHAPTER VI

BAKING POWDER BISCUITS AND MUFFINS

Rules for Mixing—All measurements must be level. Sift flour before measuring; then mix and sift dry ingredients. 2 teaspoons baking powder will raise 1 cup flour. If eggs are used, less baking powder is required. Work butter or other fat into the flour with a fork, or melt it and add it last.

Beat eggs, if used, without separating, and add to milk and then to the dry ingredients.

Soft biscuit doughs should be put into a hot oven (about 450° F.) at once; stiffer doughs, for quick breads and rolls, should stand 20 to 25 minutes in a warm place to raise before baking.

The pans or muffin rings should be greased before the mixture is prepared. Iron gem pans must be heated.

Have oven ready for baking before mixtures are prepared.

Dough is made light in four ways: (1) by the use of yeast; (2) by the use of baking powder; (3) by the use of soda and molasses or sour milk; (4) by beating air into a mixture.

DOUGHS AND BATTERS

When a flour mixture is moistened stiff enough to knead, it is called a *Dough*. If thin enough to be beaten, it is called a *Batter*.

Pour-Batter—1 measure of liquid to 1 measure of flour as in griddle cakes. Batters may be stirred and beaten with a spoon.

Drop-Batter—1 measure of liquid to 2 measures of flour as in muffins or cake.

Soft Dough—2 cups of flour to ¾ cup of liquid makes a soft dough that can be kneaded. Mix thoroughly with a knife.

Bread Dough—3 cups of flour to 1 cup of liquid makes a stiff dough that can be rolled thin.

BAKING POWDER BISCUITS

2 cups flour
4 teaspoons baking powder
¾ to 1 cup milk, or water
2 tablespoons shortening
1 teaspoon salt

Sift the dry ingredients together. Work the butter into the flour with a fork or tips of fingers. Mix the milk into the flour

adding the milk gradually until as soft as can be handled easily. Put it on a floured board and roll until ½ inch thick. Cut into rounds, place in pan, and bake in very hot oven (450° F.) 10 to 15 minutes. Use as little flour as possible on the board when shaping the dough.

DROP BISCUITS

Follow recipe for Baking Powder Biscuits, with a little more milk to make a softer dough. Drop by spoonfuls on greased pan or in muffin pan, and bake in very hot oven (450° F.) 10 to 15 minutes.

SOUR MILK OR SODA BISCUITS

2 cups flour
½ teaspoon soda
2 tablespoons butter
1 tablespoon baking-powder
½ teaspoon salt
¾ cup thick sour cream or milk

Mix and sift dry ingredients. Work in the butter with a fork, add liquid gradually to make a soft dough. Drop into a well-greased muffin pan. Pat, roll out and cut into biscuits. Bake in a moderately hot oven (400° F.) or drop by spoonfuls on greased pan or in muffin pan.

BISCUIT DOUGH FOR SHORTCAKE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
¾ cup milk
¼ cup shortening

Mix dry ingredients, work in butter or fat with tips of fingers, add milk gradually. Toss on floured board; pat, roll, cut with large biscuit cutter or roll to fit two pans and bake in a very hot oven, (450° F.) 12 to 15 minutes. See page 345.

Split biscuits and fill with crushed sweetened berries.

PARKER HOUSE ROLLS

4 cups flour
1 teaspoon salt
6 teaspoons baking powder
2 tablespoons shortening
1½ cups milk

Sift flour, salt and baking powder together. Add melted shortening to milk and add slowly to dry ingredients, stirring until smooth. Knead lightly on floured board and roll out one-half inch thick. Cut with biscuit cutter. Crease each circle with back of knife one side of center. Butter the small section and fold larger part well over the small. Place 1 inch apart in greased pan. Allow to stand 10 minutes in warm place. Brush each with melted butter and bake in very hot oven (450° F.) 15 to 20 minutes.

BRAN BISCUITS

1 cup bran flour
3 teaspoons baking powder
½ teaspoon salt
1 cup wheat flour
2 tablespoons fat
¾ cup milk

Mix and sift the wheat flour, baking powder and salt. Add the bran flour, work in the shortening with knife and fork, add milk, mixing with a knife until you have a soft dough. Toss on a floured board, pat and roll out lightly to ½ inch in thickness. Shape with a biscuit cutter. Place in a buttered pan and bake in a hot oven (400° F.) 12 to 15 minutes.

POTATO BISCUIT

1 cup mashed potato
1 cup flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons fat
½ cup water or milk (about)

Sift together flour, baking powder and salt. Work in the fat with fork or knife. Add potato and mix thoroughly. Then add enough liquid to make a soft dough. Roll the dough lightly to about ½ inch in thickness. Cut into biscuits and bake 12 to 15 minutes in hot oven (400° F.).

CHEESE BISCUITS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons butter
¾ to 1 cup milk
¾ cup grated American cheese

Sift dry ingredients together. Rub butter into flour with fork, stir in the milk gradually and add the cheese. Place on floured board, roll gently about ½ inch thick. Cut into rounds, place in a greased pan and bake in a hot oven (400° F.) 10 to 15 minutes.

Or roll out dough, dot with butter, sprinkle with grated cheese, roll up as for jelly roll, cut in 1-inch slices. Bake cut side down.

CINNAMON ROLLS

2 cups flour
3 teaspoons baking powder
⅓ teaspoon salt
2 tablespoons butter
⅔ cup milk
2 tablespoons sugar
½ cup stoned raisins chopped fine, or currants
2 tablespoons citron, chopped fine
⅓ teaspoon cinnamon

Mix first five ingredients same as baking powder biscuits. Roll to one-fourth inch thickness, brush with melted butter and sprinkle with the raisins, citron, sugar and cinnamon. Roll like a jelly roll. Cut in pieces three-fourths inch thick. Place in buttered tins end-

wise and bake 10 to 15 minutes in a hot oven, (400° F.). Dried currants may be used in place of raisins. Or, place in a well-buttered iron spider, spread well with brown sugar. Serve caramel side up.

NEW ENGLAND TEA BISCUITS

Follow recipe for Baking Powder Biscuits, (page 73) doubling the amount of shortening. Press a small piece of loaf sugar, first dipped in orange juice or a little orange marmalade on top of each biscuit. Place in hot oven (400° F.) and bake 10 to 15 minutes.

RYE ROLLS

4 cups rye flour
1 teaspoon salt
6 teaspoons baking powder
1½ cups milk, or water
1 tablespoon fat
1 tablespoon caraway seed

Sift dry ingredients, add milk and melted fat. Knead on floured board; shape into rolls 1¼ inches wide by 2½ inches long. Put into greased pans 2 inches apart, brush with slightly beaten white or yolk of egg with 1 tablespoon cold water and sprinkle with caraway seed, let stand in warm place 20 to 25 minutes. Bake in hot oven (400° F.) 25 to 30 minutes until crisp.

MUFFINS

WHEAT MUFFINS

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
2 tablespoons sugar
1 tablespoon butter
1 teaspoon molasses
1 egg
1 cup milk

Mix dry ingredients and sift twice, rub in the butter. Separate the egg. Beat the yolk and add it to the milk and molasses. Mix with the dry ingredients and stir until smooth. Fold in the beaten white of egg and pour into hot, well greased muffin tins. Bake 15 to 20 minutes in very hot oven (about 450° F.).

Note—Graham, rye, cornmeal, or whole wheat muffins are made the same way, by mixing with the wheat flour ¼ to ½ the quantity of graham, rye, cornmeal or whole wheat flour.

CORNMEAL MUFFINS

¼ cup butter
½ cup sugar
2 eggs
1 cup milk
2 cups flour
1 cup cornmeal
4 teaspoons baking powder
½ tablespoon salt

Cream the butter. Add sugar, then eggs, beaten, without separating, until light-colored and thick. Into this stir, alternately,

the milk, flour, and cornmeal, sifted with the baking powder and salt. Beat thoroughly, and bake about 20 minutes at 400° F. in hot, well-buttered gem-pans.

BRAN MUFFINS

2 cups graham flour
1 cup bran flour
1 teaspoon soda
1½ to 2 tablespoons molasses
½ teaspoon salt
1½ cups sweet milk

Mix dry ingredients. Add milk and molasses. Melted butter may be used in place of molasses. Bake at 425° F. in gem pans about 60 minutes. May be reheated and toasted. Makes 12 muffins.

HONEY AND NUT BRAN MUFFINS

½ cup honey
1 cup flour
¼ to ½ teaspoon soda
½ teaspoon salt
2 cups bran
1 tablespoon melted butter
1½ cups milk
¾ cup walnuts, chopped fine

Sift together flour, soda and salt and mix with the bran, add other ingredients. Place in greased gem pans and bake in quick oven (425° F.) for 25 to 30 minutes. Will make 16 large muffins

GRAHAM GEMS

½ cup flour
1 cup graham flour
¼ teaspoon salt
3½ teaspoons baking powder
1 egg
¾ cup milk (about)

Sift the flour and do not use the bran left in the sifter. Sift again with the salt and baking powder; add the egg well beaten and enough milk to make a stiff batter. Bake in buttered gem pans, in hot oven (400° F.) 15 minutes.

TWIN MOUNTAIN MUFFINS

¼ cup butter
¼ cup sugar
¼ teaspoon salt
4 teaspoons baking powder
1 egg
¾ cup milk
2 cups flour

Cream the butter; add the sugar gradually; then alternately the egg beaten and mixed with the milk and the flour sifted with the baking powder. Bake at 400° F. in buttered gem-pans about 25 minutes. ¼ lb. dates, chopped fine, may be added to creamed butter and sugar for Date Muffins.

BLUEBERRY MUFFINS

¼ cup butter
¼ cup sugar
1 egg, well beaten
½ teaspoon salt
4 teaspoons baking powder
2⅔ cups flour
1 cup milk
1 cup blueberries

Mix ¼ flour with blueberries, let stand 1 hour. Cream butter and sugar, add egg, sift baking powder, salt and rest of the flour. Combine the two mixtures alternately with the milk, add floured berries last. Bake 25 minutes at 400° F. in buttered gem-pans.

CRUMB MUFFINS

2 cups stale bread crumbs
1¼ cups milk
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
2 eggs
1 tablespoon shortening

Soak bread crumbs in cold milk 10 minutes; add flour, baking powder and salt which have been sifted together; add well beaten eggs and melted shortening; mix well. Heat muffin tins, grease and drop one tablespoon of batter into each. Bake 20 to 25 minutes in hot oven, 400° F.

POTATO FLOUR MUFFINS

2 eggs
3 tablespoons ice water
1 tablespoon sugar
½ cup white potato flour
¼ teaspoon salt
3 teaspoons baking powder

Beat egg whites stiff and dry. Beat egg yolks, and to them add sugar and salt. Sift flour and baking powder twice. Add egg yolks to whites, beat in dry ingredients thoroughly, add ice water last. Bake in hot oven (400° F.) 15 to 20 minutes. Serve warm.

FRIED RYE MUFFINS

¾ cup rye meal
¾ cup wheat flour
2 teaspoons baking powder
1 tablespoon sugar
1 teaspoon salt
1 egg
½ cup milk

Mix in the order given, drop from small tablespoon into deep hot fat. Cook until muffin will not stick when tried with a straw.

SCOTCH OAT CAKE

1 cup boiling water
½ teaspoon salt
1 tablespoon shortening
Oatmeal
¼ teaspoon soda

Add salt, soda, shortening to boiling water, then stir in oatmeal until dough is stiff enough to knead. Roll very thin, cut into squares, bake slightly on griddle, then dry in slow oven.

SCOTCH SCONES

No. 1

1 teaspoon cream of tartar
2 cups flour
½ teaspoon soda
¼ cup lard, or butter
½ teaspoon salt
½ cup buttermilk

Mix cream of tartar with salt and flour; add butter or lard. Make hollow in center, pour in buttermilk to form a rather soft dough. When thoroughly mixed, roll ½ inch thick, cut into squares, then bake on griddle, browning both sides. Serve cold or hot.

No. 2

1 cup flour
½ teaspoon soda
¼ teaspoon salt
⅓ cup sour or buttermilk

Mix dry ingredients, add enough sour milk to make a soft dough. When mixed, roll ½ inch thick on floured board, cut into squares or rounds and bake on griddle, browning both sides.

CORN PONE OR DODGER

2 cups cornmeal
1 teaspoon salt
2 teaspoons fat
1¾ cups boiling water

Pour the boiling water over other materials. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven (400° F.) until crisp. Good with butter or gravy.

POPOVERS

¼ teaspoon salt
1 cup flour
1 cup milk
1 egg

Sift flour and salt into a bowl. Beat the egg and add the milk to it, and stir gradually into the flour to make a smooth batter. Beat with egg beater until full of air bubbles. Fill hot greased gem-pans two-thirds full of the mixture. Bake in quick oven (450° F.) 30 minutes, then at 350° F. for 15 minutes until brown and popped over.

GLUTEN POPOVERS

2 eggs
2 cups Gluten flour
1 teaspoon salt
2 cups water

Beat eggs, add water and pour gradually into flour and salt mixed. Stir until smooth, beating well. Pour into hot greased muffin pans, ⅔ full, and bake in a quick oven 450° F. for 20 minutes. Reduce heat to 350° F. and bake 20 minutes longer or until crisp and well done.

RYE POPOVERS

¾ cup rye flour
¼ cup wheat flour
¼ teaspoon salt
1 teaspoon sugar
2 eggs
1 cup milk

Sift dry ingredients. Beat the eggs and add milk and stir gradually into the flour mixture to make a smooth batter—beat with egg beater until full of air bubbles. Fill hot greased gem-pans two-thirds full of the mixture. Bake in hot oven (450° F.) 30 minutes until brown and popped over. Gradually reduce heat.

CHEESE POPOVERS

1 cup flour
⅜ teaspoon salt
1 cup milk
1 egg
¼ lb. American cheese, grated

Beat the egg slightly, add salt and milk and stir gradually into flour to make a smooth batter. Beat with egg beater until full of air bubbles. Have muffin pans hot and well greased. Into each drop a rounded teaspoon of this batter. Spread with a teaspoon cheese, and cover with another teaspoon of batter. Bake in a very hot oven (450° F.) about 20 minutes or until brown and well popped.

IRISH POTATO CHIPS

2 cups mashed potatoes
2 cups flour
4 teaspoons baking powder
1 teaspoon caraway seed
1 tablespoon butter
1 teaspoon salt
½ cup milk

Mix and sift dry ingredients, work in butter, add seeds, mashed potatoes and lastly the milk. Roll about as thick as biscuits and cut in squares. Cook in a small amount of fat in a frying pan, over a slow fire. Serve hot, split and spread with butter.

APPLE MUFFINS

2 cups flour
¾ teaspoon salt
4 tablespoons sugar
2 teaspoons baking powder
2 tablespoons butter
1 cup finely chopped apples
1 egg
½ cup milk
½ teaspoon cinnamon
12 apple slices

Mix flour, salt, baking powder and half of the sugar. Cut in the butter with a fork. Add chopped apples, mix. Lightly and quickly add the beaten egg with the milk. Drop by spoonfuls in greased muffin pans. Place one slice of apple on each muffin, mix remaining sugar with the cinnamon, sprinkle this over top and bake in a hot oven (about 400° F.) about 20 minutes.

CHAPTER VII

GRIDDLE CAKES, PANCAKES AND WAFFLES

PLAIN GRIDDLE CAKES

2 teaspoons baking powder
1 cup flour
¼ teaspoon salt
1 cup milk (scant)
1 egg
1 teaspoon melted butter

Sift the dry ingredients. Beat the egg. Add the milk, and stir it in gradually to make a smooth batter, add melted butter or oil. If not thin enough, use more milk.

Heat an iron griddle and grease it with a piece of fat. Pour the cakes on the griddle from the end of a large spoon. When the cakes are full of bubbles, turn with a pancake turner, brown the other side. Wipe griddle with a greased cloth after each baking. The egg may be omitted.

Larger quantity: 3 cups flour, 1½ tablespoons baking powder, 1 teaspoon salt, ¼ cup sugar, 2 cups milk, 1 egg, 2 tablespoons melted butter or oil.

SOUR MILK GRIDDLE CAKES

No. 1

1 cup flour (scant)
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 egg
1 teaspoon oil or butter
1 cup sour milk or buttermilk

Mix dry ingredients. Add milk and melted butter or oil to egg. Combine the mixtures. Stir until smooth and bake on hot griddle, as Plain Griddle Cakes above.

No. 2

2½ cups flour
½ teaspoon salt
1 egg
2 cups sour milk
1¼ teaspoons soda
1 teaspoon oil

Mix dry ingredients. Add milk, oil and the egg well beaten. Drop by spoonfuls on a greased hot griddle. Brown well on both sides. Serve with butter and maple syrup or sugar syrup, page 86.

BREAD GRIDDLE CAKES

1½ cups fine bread crumbs
1½ cups hot milk
2 tablespoons butter
2 eggs
½ cup flour
½ teaspoon salt
3½ teaspoons baking powder

Mix in the order given. One cup any cooked cereal may be used instead of bread crumbs. Cook as other Griddle Cakes.

RICE GRIDDLE CAKES

2 cups hot boiled rice
2 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 pint of milk
2 eggs

Mix the dry ingredients. The beaten yolks are added to the milk. Combine the two mixtures and lastly fold in the beaten whites. Cook as Griddle Cakes.

CORNMEAL GRIDDLE CAKES

1 cup flour
1 cup cornmeal
1 tablespoon baking powder
1½ teaspoons salt
2 cups milk
1 or 2 eggs

Mix the dry ingredients. Beat egg well, add salt and the milk, and combine the two mixtures. A tablespoon of molasses may be added to the batter. Cook as other Griddle Cakes. One teaspoon soda and two cups sour milk may be used in place of the baking powder and sweet milk.

CORNMEAL AND RICE GRIDDLE CAKES

½ cup cornmeal
½ cup flour
1 cup boiled rice
2 teaspoons baking powder
½ teaspoon salt
2 eggs
1 cup milk

Mix dry ingredients. The beaten yolks with the milk. Combine the two mixtures, and fold in the whites beaten stiff. Cook same as other Griddle Cakes.

BUCKWHEAT CAKES

1 qt. lukewarm water
1 teaspoon salt
3¼ cups buckwheat flour
½ cup flour
½ ounce compressed yeast
2 tablespoons molasses

Dissolve the yeast in a little warm water with 1 teaspoon sugar; add to the rest of the water and mix with the flour, salt and buckwheat to make a thin batter. Let raise over night, next morning, add molasses and bake on a hot greased griddle, in small cakes, browning on both sides. Serve with sugar or syrup.

Save a cupful of this batter each time and use it in place of fresh yeast. After using two mornings add ½ teaspoon saleratus or soda or two tablespoons of boiling water, beat thoroughly in the dough. This can be continued each day for at least 3 weeks, before making fresh sponge.

YEAST GRIDDLE CAKES

3 cups lukewarm milk and water mixed
1 cup wheat flour
1 cup barley flour
1 cup corn flour
1 cake yeast
1 teaspoon salt
1 teaspoon soda
2 eggs
3 tablespoons syrup
2 tablespoons melted fat

If cakes are to be for breakfast, mix liquid with the wheat, barley, corn flour and salt, adding yeast dissolved in ¼ cup of the liquid, in the evening. In the morning add soda, eggs, syrup and shortening. Let rise 15 minutes and bake on hot griddle.

MATZOS MEAL GRIDDLE CAKES

½ cup matzo meal
1 teaspoon salt
1 tablespoon sugar
1 cup milk or water
2 eggs, separated

Mix dry ingredients. Beat yolks of eggs, add milk and combine the two mixtures, and lastly fold in the stiffly beaten whites of eggs. Heat griddle, grease with any desired fat. Pour cakes on the griddle from the end of a large spoon. When cakes are full of bubbles, and brown on one side, turn and brown the other side. Serve with sugar or sugar syrup, page 86.

No. 1 PLAIN PANCAKE

2 or 3 eggs, separated
¼ cup flour, or cornstarch
½ teaspoon salt
1 cup milk or water

Stir yolks with the salt and flour, until smooth, add milk gradually, then fold in the beaten whites. Heat pan, add 2 tablespoons butter and when hot, pour in pancake; let cook slowly and evenly on one side, turn and brown on other side, or finish baking in oven. Serve with Jelly.

No. 2

2 eggs
¾ cup flour
½ teaspoon salt
1 cup milk
2 tablespoons fat

Beat eggs, add flour, salt and then milk, blend well. Heat spider in oven, add fat, when hot, pour in egg mixture. Place in hot

oven, let remain 20 minutes, reducing heat. Lift into hot platter, serve with powdered sugar and lemon slices or juice.

FRENCH PANCAKE

1 cup flour
3 eggs, well beaten
½ teaspoon salt
1 tablespoon oil
1½ cups milk

Sift flour and salt, add milk and eggs, beat all together very well. Have spider hot and for each pancake add 1 teaspoon oil, spread over pan, pour in a little batter, tilt pan back and forth, so batter will spread all over bottom, when brown, turn and brown on other side. Spread each pancake with jelly and roll up and dust with powdered sugar. Serve hot.

NORWEGIAN PANCAKES

Make and bake as French Pancakes, above, but do not roll. Pile 6 or 8 flat pancakes on serving plate, spreading butter and scraped maple sugar between them. Cut through the layers into three-corned pieces like pie.

GERMAN PANCAKE

3 eggs
½ teaspoon salt
½ cup milk
½ cup flour
2 tablespoons butter

Beat eggs until very light with Dover beater, add salt and flour, and then the milk, beating all the time. Spread bottom and sides of a 10-inch cold frying pan with the butter. Pour in the egg batter, have oven hot and bake 20 to 25 minutes, gradually reducing the heat. It should puff up at the sides, and be crisp and brown. Place on hot platter and serve with powdered sugar and lemon juice. For larger frying pan, double recipe.

BOHEMIAN PANCAKES

2 eggs, well beaten
1 tablespoon sugar
1 cup lukewarm milk
1¼ cups flour
½ ox. compressed yeast (1 cake) dissolved in a little lukewarm milk
Grated rind of ½ lemon
½ teaspoon salt

Put flour, sugar, salt and lemon rind in bowl, add well beaten eggs, the milk and mix well, then add the dissolved yeast. Beat thoroughly and set away in a warm place to raise, 1 or 2 hours or until very light. Lift the dough by spoonfuls carefully from the top of the mixture, so as not to disturb the remainder.

Spread on griddle with back of spoon. Let bake slowly, that they may rise again, turn and bake on the other side.

Place baked pancakes singly on large platter or on individual plates.

Spread top of pancakes with a thick layer of Prune Filling, page 414, cover generously with grated Ginger Bread for Fillings, page 414, or gingersnaps, and over all spread whipped cream sweetened and flavored to taste, page 441. Makes 10 pancakes.

CHINESE PANCAKE (EGG FOYUNG)

12 eggs
1 cup cooked pork or chicken
1 cup bamboo shoots
¾ lb. water chestnuts
1 tablespoon cornstarch
1 tablespoon salt
½ cup oil
2 tablespoons Chinese sauce

Cut meat in small strips, slice bamboo shoots fine and then into threads 2 inches long; peel chestnuts, slice fine and cut into threads 2 inches long; soften cornstarch in 2 teaspoons of water.

Heat large iron frying pan, add salt and then oil. Place bamboo shoots and water chestnuts, squeezed dry, in mixing bowl, add meat and the eggs, beating all together lightly. Drop from mixing spoon at equal distances in hot oil in spider. When brown on one side turn and brown on the other. Remove to hot platter and when all are done, pour off the fat. Add one tablespoon Chinese sauce to softened cornstarch, mix with one-half cup of water or soup stock, more if necessary, pour in frying pan, let cook two minutes. Place a few pancakes at a time in pan with gravy, let cook gently to absorb a little of the gravy and serve.

SCOTCH PANCAKES

2 cups flour
3 tablespoons sugar
1 teaspoon soda
2 eggs, beaten light
2 tablespoons shortening
½ teaspoon salt
1 teaspoon cream of tartar
1 cup sour milk

Mix flour, add sugar, salt, soda and cream of tartar. Rub in the shortening. Add sour milk and beat well, then the eggs. Drop onto a hot griddle as for griddle cake batter, when well browned, turn and cook on other side. Only a small amount should be used for each cake. If the spoon is held so the tip is down, the batter runs on to the griddle, making a round, good shape.

POTATO PANCAKE

6 raw grated potatoes
3 whole eggs
A pinch of baking powder
1 teaspoon salt
2 tablespoons flour
A little milk

Peel large potatoes and soak several hours, or over night, in cold water; grate, drain, and for every pint, allow 2 eggs, about 1 tablespoon flour, ½ teaspoon salt, a little pepper. Beat eggs well and mix with the rest of the ingredients. Drop by spoonfuls on a hot buttered spider, in small cakes. Turn and brown on both sides. Or, bake in a hot oven in one pancake until crisp and brown, allowing 15 minutes for baking each side. Serve with apple sauce.

BREAD PANCAKES

1 cup stale white bread
1 egg
¼ teaspoon salt
Pepper
1 tablespoon flour

Soak the bread in milk or water until thoroughly moistened. Mix with the rest of the ingredients, form in small cakes, and fry in a spider in hot butter on both sides until golden brown.

COMBINATION PANCAKES

1 cup wheat flour
1 cup barley flour
1 cup corn flour
2 eggs
1 tablespoon fat
1 tablespoon sugar
2½ cups sour milk or buttermilk
1 teaspoon soda
½ teaspoon salt

Cream butter and sugar. Add eggs well beaten, salt, and the soda dissolved in the sour milk. Mix the flours well and stir in gradually to make a smooth batter. Bake on a hot griddle. Makes 40 good sized pancakes.

BLINCES (COTTAGE CHEESE PANCAKES)

Batter

2 eggs, well beaten
1 cup flour
1 teaspoon salt
1 cup water

Filling

¾ lb. cottage cheese
1 egg
Salt and pepper to taste
or 2 teaspoons sugar

Press cheese through colander, add egg and season to taste. If sweet pancake is desired, add to the sugar a little grated lemon rind, vanilla or a little cinnamon. Make batter by adding salt and water to eggs and stir gradually into the flour until smooth.

Heat iron spider, grease well. Pour only enough batter into pan to make a very thin pancake, tipping pan in all directions,

to cover bottom. Bake on one side until it blisters. Shake out of pan on board. Place rounded tablespoon of cheese mixture in center of each pancake. Fold over from both sides, then fold over top to form a 3-inch square and fry on both sides until golden brown. Serve hot, plain or with sugar and cinnamon.

No. 1 MATZOS PANCAKE

3 matzos, broken
2 whole eggs
1 teaspoon salt
Goose fat or butter

Pour boiling water over matzos to cover. Let stand 15 minutes to absorb the water. Beat eggs well, stir lightly with the soaked matzos, add salt and if desired, a little pepper. Heat fat in a spider, drop by spoonfuls in small cakes, and fry brown; turn and brown on other side. Serve with Sugar Syrup, (below) or Jelly.

No. 2

4 eggs
¼ cup matzos meal
¼ cup water
1 teaspoon salt
2 tablespoons fat

Pour water on matzos meal, add salt and beat the yolks of eggs very light, add to meal mixture, let stand 5 minutes. Beat whites of eggs very stiffly, fold lightly into the yolk mixture. Drop mixture by spoonfuls in small cakes on hot greased spider. Turn when brown and brown on other side. Serve with sugar, jelly or preserves.

Left-over pancakes may be cut into noodles and served in soup.

MATZOS FRITTERS

2 matzos
2 tablespoons fat
1 egg yolk, beaten
1 tablespoon sugar
1 cup milk
1 beaten white of egg
½ cup matzos meal for thin batter

Mix the pancake batter of the last five ingredients, in the order given. Let water just run over the matzos, then place in oven for a minute. Heat the fat in the spider, spread one side of matzos with batter and fry, batter side down until nicely browned. Spread other side and brown. Serve hot, sprinkled with powdered sugar.

SUGAR SYRUP FOR PANCAKES

2 cups sugar
⅔ cup boiling water

Use brown, white or scraped maple sugar. Pour on the boiling water and stir until the sugar is dissolved, but not afterwards. Boil until clear, and then cool.

WAFFLES

No. 1

1¾ cups wheat flour
3 teaspoons baking powder
½ teaspoon salt
1½ cups milk
2 eggs
1 tablespoon melted fat

Mix and sift dry ingredients. Add milk gradually, yolks well beaten, melted fat and whites of eggs beaten stiff. Cook on greased hot waffle iron.

The iron should fit closely over fire. Heat well on one side, turn and heat on the other, grease thoroughly with oiled brush. Place a tablespoon of the batter, near the center, in each section of the iron, turn down cover, then turn iron on other side. If iron is well heated, the waffles are baked almost as fast as the iron can be turned and covered.

No. 2

1¼ cups flour
1½ teaspoons baking powder
½ teaspoon salt
2 eggs, separated
⅓ cup melted butter
1 cup milk

Mix and sift dry ingredients; add milk gradually, yolks of eggs well beaten, butter, then fold in beaten whites. Cook on a well greased hot waffle iron. Serve with syrup or powdered sugar.

Or, follow above recipe, but in place of the milk and baking powder, take 1 cup of rich, sour milk or cream and ⅓ teaspoon soda to dry ingredients.

No. 3 (Sour Cream)

¼ cup butter
4 eggs, spearated
1 cup sour cream
¼ cup flour
½ teaspoon vanilla
½ teaspoon salt

Stir butter to a cream, add yolks one at a time, then flour and cream alternately, fold in stiffly beaten whites and vanilla. Cook on well greased hot waffle iron. Serve hot with syrup or cold with powdered sugar.

No. 4 (Sour Cream)

1 pint double sour cream
3 eggs
1¼ cups flour
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt

Dissolve soda in a little hot water. Beat rest of ingredients well and add to dissolved soda.

No. 5 (Sponge Cake Waffles)

Make Sponge Cake Dough No. 2, page 457, adding 3 tablespoons of oil or melted butter to the water. Bake as other waffles. Serve with powdered sugar, chocolate sauce, fresh berries or preserves.

CHAPTER VIII

Eggs

EGGS AND OMELETS

COMPOSITION OF EGGS

Protein, 14.9 per cent
Fat, 10.6 per cent
Mineral matter, 1 per cent
Water, 73.5 per cent

GENERAL RULES

A stale egg rises in water; fresh eggs are heavy, and sink to the bottom. Wash eggs just before using. Eggs should be well covered and kept in a cool place. Eggs should never be boiled, as that renders them tough and difficult of digestion. They should be cooked just under the boiling point.

TO PRESERVE EGGS

1 qt. water glass 10 qts. water 15 dozen eggs

In the early spring or fall when eggs are plentiful and at their best, pack them away for future use. Use strictly fresh eggs with perfect shells. Buy water glass at druggist. Use 10 parts water to one water glass. Boil water, when cool add water glass and beat well. Use an 8-gallon stone jar, pack eggs in rows and pour over the liquid mixture to cover well. Place old plate over eggs in crock to keep them 2 or 3 inches under water. Put cover on jar and keep in cool place. More eggs may be added at any time if well covered with the liquid mixture.

SOFT COOKED EGGS (Coddled)

Have the water boiling, 2 cups for each egg, drop in the eggs gently with a tablespoon, and place on stove where they will simmer but not boil, for from five to eight minutes.

Or, put on in cold water, let come slowly to the boiling point.

HARD COOKED EGGS

Place the eggs in boiling water, move to a warm place, where they will simmer, not boil, and let cook thirty minutes. Plunge in cold water. Remove shells, serve whole or cut in quarters lengthwise, and pour browned butter over them and serve hot.

POACHED OR DROPPED EGGS

Fill a pan with boiling, salted water. Break each egg into a wet saucer and slip it into the water; set the pan back where water will not boil. Dip the water over the eggs with a spoon. When the white is firm and a film has formed over the yolk, they are cooked. Take them up with a skimmer, drain and serve hot, on toast. Season with salt.

STEAMED EGGS

Break an egg into a buttered cup or in inset cup of patent egg steamer. Sprinkle it with salt and pepper. Put cup or cups over boiling water or in steamer and cook until the white is set (three to five minutes). Remove carefully from cup with teaspoon. Serve on toast garnished with toast points.

SCRAMBLED EGGS

3 eggs
½ teaspoon salt
⅓ cup milk or water
Speck pepper
1 teaspoon butter

Beat the eggs slightly, add the milk and seasoning. Cook in a hot, buttered frying pan, over slow fire, stirring constantly until thick, or, let cook until white is partially set, then stir; or, mix ingredients and pour into cold frying pan, stirring constantly with fork, until fluffy. Serve hot.

BUTTERED EGGS

Melt one tablespoon of butter, slip in an egg and cook until the white is firm. Turn over once while cooking, and use just enough butter to keep it from sticking.

FRIED EGGS

Break eggs carefully, one at a time, slide gently into 2 tablespoons of hot fat in frying pan. Let fry slowly, take up fat with

spoon and pour over egg until yoke has a thin white covering. If fat is too hot, a hard, indigestible crust is formed.

SHIRRED EGG

Butter an egg shirrer or small vegetable dish, cover bottom and side with fine bread crumbs. Add an egg very carefully, cover with seasoned bread crumbs, and bake in a slow oven until white is firm and crumbs are brown.

SCRAMBLED EGGS AND CORN

1 can corn, drained or
3 ears cooked corn
1 teaspoon salt
⅛ teaspoon pepper
4 whole eggs
1 tablespoon butter

Cut corn from cob. Melt butter in spider, add corn, season to taste and when well heated, add the beaten eggs, stir and scrape carefully from bottom of pan and cook gently until eggs are set. Serve at once.

SCRAMBLED EGGS WITH MATZOS

3 whole eggs
6 matzos
4 tablespoons goose fat or oil
4 tablespoons sugar

Break matzos in small pieces in a colander. Pour boiling water through them, drain quickly. They should be moist but not soggy. Beat eggs well, fold the matzos in lightly. Heat the fat in a spider, add the egg mixture; scrape and scramble carefully with spoon from the bottom of the pan and while scrambling, add sugar and cook gently until eggs are set. Serve at once.

HAM AND EGGS

Have raw ham cut in ¼ inch slices. Remove half of the outside layer of fat and place in frying pan. If salty, cover with warm water, let stand 15 minutes, or soak in milk, to which a little molasses has been added. Drain and dry. Heat pan with fat, put in ham, brown quickly on one side, turn and brown on the other. If cooked too long, it will become hard and dry. Very thin slices of ham, that are not too salty, do not need soaking. Slip eggs one by one, in tried out ham fat, pouring it by spoonfuls over the eggs, until yolk has a thin white covering.

BACON AND EGGS

Lay thin strips of bacon, with rind removed, close together in cold frying pan. Place over low fire, let fry slowly until bacon is crisp and brown. To keep edges from curling press occasionally

with a broad bladed knife. Remove bacon to hot platter. Slip eggs, one at a time, into the bacon fat (not too hot) pouring it by spoonfuls over the eggs. Cook until set and serve with the bacon.

EGGS IN A NEST

Separate whites from yolks; beat whites until dry. Butter a small baking dish in which eggs are to be served; sprinkle fine bread crumbs in bottom. Place beaten whites in dish, make hollow and slip in the yolks, set bowl in saucepan containing boiling water, cover and cook until white is firm. Set in hot oven for 1 minute or hold dish under flame in broiling oven.

No. 1 EGGS WITH DRIED BEEF

½ lb. dried beef, shredded — 3 eggs
1 tablespoon fat or butter

If beef is too salty, pour over boiling water and press dry. Heat the fat in a spider, add the meat, let cook a few minutes, add eggs slightly beaten; mix or scramble with the meat and let cook until the eggs are set, and serve immediately.

No. 2

1 lb. thinly shaved dried beef — ½ cup milk or water
3 eggs — Butter size of walnut

Tear beef into small pieces, pour boiling water over it allowing it to remain a moment, then drain, place in saucepan with lukewarm water to simmer about 10 minutes. If the water has not evaporated pour most of it off, add milk, and butter, and the eggs unbeaten. Stir back and forth as you would scrambled eggs. Season with salt and pepper. Serve hot.

EGGS AND SAUSAGE

1 lb. sausage — 2 tablespoons fat
3 eggs

Take cold, boiled sausage, skin and slice in half inch pieces. Place in frying pan with hot fat; brown on both sides a few minutes and just before serving add the eggs, beaten slightly; mix and cook until the eggs are set and serve immediately.

CREOLE EGGS

1 tablespoon chopped onion — 1 cup tomato, strained
1 tablespoon green peppers — 1 tablespoon capers
1 tablespoon butter — 6 eggs
1 small can mushrooms — Toast

Let onions and peppers simmer a few minutes in the butter, add the mushrooms, capers and tomato liquid, heat through.

Beat the whole eggs well and cook with the other ingredients, stirring constantly until the eggs are well scrambled. Serve on toast.

GOLDEN ROD TOAST

4 hard cooked eggs
6 to 8 slices toast
2 cups white sauce

Separate the yolk and white of egg and chop the white. Put the yolk in a warm place. Make a White Sauce, page 120. Add the whites to the sauce. Heat thoroughly, and pour the mixture upon the toast. Press the yolk over the whole, through a fine strainer, and garnish with toast points and parsley.

CURRIED EGGS

6 hard cooked eggs
2 tablespoons butter
2 tablespoons flour
½ teaspoon curry powder
⅛ teaspoon pepper
1 cup hot milk
¼ teaspoon salt

Melt butter, add flour and seasonings and gradually the hot milk. Slice the eggs, crosswise, or in eighths, lengthwise, and reheat in the sauce. Garnish with bread Croutons, page 113. One teaspoon chopped onion may be browned in the butter.

POACHED EGGS AND CHEESE

6 eggs
6 tablespoons grated cheese (American)
6 teaspoons butter
½ teaspoon salt
¼ teaspoon paprika

Butter 6 ramikins and drop a whole egg in each, add salt and paprika, a teaspoon butter and cover with a tablespoon of the cheese.

Place ramikins in a pan of hot water (½ inch deep) and bake until the eggs are set. Place under flame and brown quickly.

Or, cut toast round and put a poached egg, page 89, upon it. Sprinkle with cheese. Cook White Sauce, page 120, and pour over the egg. Garnish with parsley. Serve hot.

EGGS A LA BUCKINGHAM

Make 5 slices milk toast, page 70, and arrange on a platter. Use recipe for scrambled eggs—having eggs slightly underdone. Pour eggs over toast and sprinkle with 4 tablespoons grated mild cheese.

Place in oven to melt cheese and finish cooking eggs.

SCRAMBLED EGGS WITH TOMATO SAUCE

5 eggs
½ teaspoon salt
2 tablespoons butter
½ cup milk or water
⅛ teaspoon pepper
Tomato Sauce

Beat eggs slightly with silver fork; add salt, pepper and milk. Heat omelet pan, put in butter, and when melted, turn in mixture. Cook until of creamy consistency, stirring and scraping carefully from bottom of pan. Stir in Tomato Sauce No. 1, (page 123) to which 1 tablespoon sliced mushrooms and 1 tablespoon capers have been added. Serve hot on toast or crackers.

EGGS A LA MARTIN

1 cup White Sauce
6 eggs
¼ lb. grated American cheese

Break eggs carefully into a well buttered pudding dish, cover with White Sauce, page 120, and sprinkle cheese over all. Bake 15 minutes in a moderate oven.

EGGS AU GRATIN

6 hard cooked eggs
1 pint White Sauce
¾ cup grated American cheese
¼ cup stale bread crumbs

Remove shells of eggs, cut off a thin slice at each end, then cut in half crosswise. Remove yolks and stand the white cups or baskets on a shallow buttered dish or in ramikins. Rub the yolks to a smooth paste; add ¼ cup of grated cheese, or, if preferred, an equal amount of minced ham, tongue or chicken, a speck of cayenne pepper, and moisten to shape with vinegar and olive oil or melted butter. Make into balls the size of the original yolks and fill the cups. Sprinkle eggs with grated cheese; pour over White Sauce, page 120, Cream Sauce, page 121, or Tomato Sauce, page 123, cover with bread crumbs, and sprinkle with grated cheese. Brown in the oven. Garnish with parsley. Serve hot.

Or, use whole eggs, eggs cut in halves, quarters, or slices, and cover with cream or tomato sauce, and then with buttered cracker crumbs. Set into the oven to reheat the mixture and brown the crumbs.

EGGS IN BAKED POTATOES

6 potatoes
6 eggs
6 tablespoons grated cheese
6 teaspoons butter

Bake the potatoes, cut off the top and remove half of the inside of potato, in its place drop an egg raw, salt, cayenne pepper, 1 tablespoon cheese in each and 1 teaspoon butter. Put back into a hot oven for 4 minutes.

EGGS IN TOMATO SAUCE

1 cup tomato sauce
6 eggs

Make Tomato Sauce, No. 1, page 123. Put in the bottom of a pudding dish—or take 2 tablespoons of the sauce and place in individual cups or ramikins, drop in the eggs or egg and cover with the Tomato Sauce. Bake in a moderate oven 8 to 10 minutes. Serve in the dishes in which they are cooked.

EGGS A LA COLUMBUS

Select green peppers or small tomatoes of uniform size. Plunge into boiling water, and remove the outer skin. Cut around the stem, and remove the seeds and veins. Set the peppers or tomatoes in small cake-pans, break a fresh egg into each, add salt and pepper and poach in a moderate oven about twelve minutes, or until the egg is set. Have ready a square of hot buttered toast for each egg. Serve with Tomato Sauce, page 123, poured over or in a separate dish.

DEVILED EGGS

4 hard cooked eggs
¼ teaspoon salt
½ teaspoon mustard
¼ teaspoon Cayenne pepper
1 teaspoon vinegar
1 tablespoon melted butter

Take eggs when cold, remove shell and cut each in two, lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix thoroughly with the rest of the ingredients and roll into balls size of original yolk. Place a ball in each half white of egg, and send to the table on a bed of crisp lettuce leaves.

With Anchovies—Add four boned anchovies, pounded smooth and strained.

EGGS A LA TARCAT

6 hard cooked eggs
¼ pound chopped ham
¼ onion chopped
¼ teaspoon prepared mustard
1 teaspoon salt
A little red pepper

Cut the eggs in half, lengthwise. Remove the yolk. Rub the yolks smooth with the rest of the ingredients, and refill the whites

of eggs with this ham mixture. Serve cold on lettuce leaves with a little Mayonnaise, page 279, on each egg.

SCOTCH EGGS

1 cup lean ham, chopped very fine
6 hard cooked eggs
⅔ cup stale bread crumbs
⅓ cup of milk
½ teaspoon mustard
1 raw egg
Pepper to taste

Cook bread crumbs in the milk and rub to a smooth paste. Mix it with the ham, add mustard, cayenne and the raw egg. Mix well. Remove the shells from the eggs and cover with the mixture; fry in hot fat 2 minutes, drain and serve hot or cold for lunch or picnics. Cut them in halves, lengthwise, and arrange each half on a bed of fine parsley. The contrast between the green, red, white and yellow gives a very pretty effect.

OMELETS

CREAMY OMELET

4 eggs
4 tablespoons milk or water
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon butter

Beat eggs slightly, enough to blend the yolks and whites. Add milk and seasoning. Put butter in hot spider; when melted, turn in the mixture. As it cooks, draw the edges toward the center with a knife until the whole is set. If desired brown underneath, place on hotter part of the stove. Fold and turn on hot platter.

FRENCH OMELET

3 eggs
½ teaspoon salt
Speck of pepper
3 tablespoons hot water
1 teaspoon butter

Beat the yolks of the eggs until thick; add salt, pepper and water. Fold in the whites of the eggs beaten stiff. Cook in a hot buttered omelet pan until it sets and is brown underneath. Finish cooking on the top grate of the oven. Chopped parsley, cheese, fruit jelly or meat may be placed in the center. Fold and turn upon a heated platter.

OMELET WITH FLOUR

3 eggs, beaten, separately
1 cup milk
2 tablespoons flour
½ teaspoon salt

Stir one-quarter of the milk with the flour and salt mixed, until smooth, add the rest of the milk and pour and stir over the beaten yolks, then fold in whites, beaten dry. Pour in a hot buttered spider and cook slowly on top of stove five minutes, set in a moderately slow oven and bake twenty minutes more or until set and a golden brown. Fold and serve on hot platter.

BREAD OMELET

2 tablespoons bread crumbs
1 speck of salt
1 speck of pepper
2 tablespoons of milk
1 egg
½ teaspoon butter

Soak the bread brumbs in the milk for fifteen minutes, then add the salt and pepper. Separate the yolk and the white of the egg and beat until light. Add the yolk to the bread and milk and cut in the white. Turn in the heated buttered pan and cook until set. Fold and turn on heated dish.

ASPARAGUS OMELET

Omelet
1 can asparagus
1 cup White Sauce

Follow any of the above omelet recipes. Make White Sauce, page 120. Add asparagus, drained and rinsed, to the White Sauce, spread some of the mixture over half of the baked omelet, fold over the other half, turn on platter and pour over the rest of the sauce. Use the cut asparagus. Cooked peas, cauliflower, or remnants of finely chopped cooked chicken, veal or ham may be used in place of the asparagus.

ORANGE OMELET

Rind of ⅓ orange
1 egg
2 tablespoons powdered sugar
1 tablespoon orange juice

Beat the yolk of the egg and add the orange rind and juice. Add the sugar. Fold in the beaten white and turn on heated buttered pan and cook until set. Serve with powdered sugar.

SPANISH OMELET

French omelet
2 tablespoons butter
1 tablespoon onion, finely chopped
6 olives, chopped
½ green pepper, chopped fine
1¾ cups tomatoes
1 tablespoon sliced mushrooms
1 tablespoon capers
¼ teaspoon salt
Few grains cayenne

Make a French Omelet, page 95, with 4 eggs. First have ready the following sauce. Heat the butter in a spider, add the onions, olives and green pepper and cook a few minutes, then add the tomatoes and cook until moisture has nearly evaporated. Add the rest of the ingredients. Before folding the omelet, place spoonful on center, then fold and pour the rest of the sauce over and around.

CHEESE OMELET

Follow directions for Creamy Omelet, page 95, adding a little grated American cheese to the yolks; when nearly set, sprinkle cheese on top, fold over and serve at once on hot platter, sprinkle cheese over and around it.

CORN OMELET

½ cup canned corn, or corn from cob
1 egg, separated
¼ teaspoon salt
2 tablespoons cream
2 tablespoons fat

Chop corn very fine, add yolk, well beaten, the salt and a little pepper, the cream, and fold in the stiffly beaten white of egg. Heat spider, add butter or any other fat, pour in the mixture, and cook until set and well browned underneath. Fold and turn on heated dish.

ALMOND OMELET

½ cup sweet almonds
4 eggs
1 tablespoon butter
Pinch salt
4 tablespoons cream

Blanch, chop and pound almonds until smooth. Beat eggs slightly, add cream. Heat spider, add butter, when melted, pour in the egg mixture. Let cook gently, tilting pan back and forth until nearly set. Sprinkle the almonds over top, turn edge on one side and roll. Serve at once on hot platter, sprinkle with powdered sugar and a few chopped nuts.

CHAPTER IX

Soups

Long soaking in cold water, draws out the juices of meat and dissolves the gelatine. Soup stocks are prepared in this manner and then cooked at a low temperature. Celery leaves, stalks and roots can be dried in a slow oven, powdered and bottled ready for use as a flavor. Celery seed can also be used. Take outside leaves of dried onions, if dark color is desired. Save all remnants of meat, bones, trimmings, gristle, marrow bone, fat and platter gravies that accumulate during the week, and add to Soup Stock. Cook slowly and keep for future use.

Soup stock will keep for many days in cold weather. It may be kept from day to day in hot weather if boiled up every day. Put into a freshly scalded jar or pitcher and keep in a cool place. Boil up every other day in moderate weather.

No. 1 **SOUP STOCK**

- 2½ lbs. beef plate or brisket
- 3 quarts cold water
- 1 tablespoon salt
- ¼ teaspoon pepper
- A few dried onion peels
- ¼ cup each onion, carrot and celery, diced
- ½ cup tomato, raw or stewed
- 1 teaspoon chopped parsley
- 1 tablespoon of chopped green or red pepper

Wipe and salt meat; place in soup kettle and let stand 1 hour. Add the cold water and let stand ½ hour longer. Place on stove, let come to the boiling point. If clear soup is preferred skim now. This scum contains the chief nutritive value of the soup. If allowed to remain a large part of it will pass through the strainer.

Let soup simmer 3 hours or longer, then add the vegetables, cook one hour longer, adding more hot water, if too much has evaporated. Strain, cool, skim off the fat, add seasonings, reheat and just before serving, add the parsley. If the meat is to be served at table remove from soup as soon as tender and serve with any well seasoned sauce. See Horseradish or Mustard Sauce, page 128.

No. 2

2 lbs. shin of beef, ½ meat, ½ fat and bone
2 qts. cold water
2 teaspoons salt
1 small onion
A few dried onion peels
1 small carrot
½ teaspoon peppercorns
1 sprig parsley
1 piece celery root

Wipe the meat, cut it into small pieces. Put it, with the salt, into the cold water and let stand ½ hour. Simmer 5 hours, then add the vegetables cut fine and the seasoning. Cook 1 hour longer, strain and cool. When ready to use, remove the cake of fat, bring the stock to a boil; adding more salt if necessary.

CONSOMME

2 lbs. lean beef, middle of round
2 lbs. veal bone
2 lbs. marrow bone
3 lbs. chicken or fowl
6 qts. cold water
⅓ cup each of carrot, onion, celery
1 tablespoon salt
¼ teaspoon pepper
¼ teaspoon nutmeg, grated
A few dried onion peels

Clean chicken, separate it at the joints, and place in soup kettle, with the veal bones. Cut beef into small pieces and brown in hot spider with the marrow from the marrow bones, and remove to soup kettle. Add the cold water. Heat quickly to the boiling point, skim if a clear soup is desired. Let simmer slowly for 5 hours. Fry the vegetables in 1 tablespoon fat 5 minutes, add, and let boil one hour longer. Strain and then season to taste. When cool remove the fat. Serve hot in bouillon cups with Fritter Beans, page 114.

The chicken should be removed as soon as tender. It can be served with any well flavored sauce or used for salads or croquettes.

BOUILLON

5 lbs. shin bone
4 lbs. lean beef
1 carrot, cut
1 potato, cut
1/16 teaspoon red pepper
¼ cup celery, cut
1 small onion, sliced
1 bay leaf
Chicken bones or cold left-over chicken
4 qts. water
A few dried onion peels

Place meat and bone in soup kettle, add the cold water, let stand 1 hour. Let slowly come to the boiling point and simmer slowly 4 or more hours. Add vegetables, boil 1 hour longer. Strain all through a sieve and season when cold; skim off fat. Serve hot.

CHICKEN SOUP

3 to 4 lbs. chicken
10 chicken feet, scalded and skinned
3 to 4 qts. water
1 tablespoon salt
2 stalks celery or
¼ cup celery root, diced
¼ teaspoon pepper
⅛ teaspoon nutmeg
1 onion

Select an old hen. Ask butcher for extra chicken feet. Singe, clean and joint the chicken; then salt and let stand several hours or over night. Put on to boil in cold water and let it come to a boil quickly. Skim thoroughly, if you want a clear soup. Let simmer slowly 3 or more hours, add the vegetables, boil 1 hour longer, strain, remove fat and add seasoning to taste. Take out the chicken before it falls to pieces and use for salads, croquettes or with Brown Sauce, page 121. Serve soup hot with noodles, dumplings, or almost any of the Soup Garnishings, page 113 to 119.

JELLIED CHICKEN BOUILLON

1 tablespoon gelatine
¼ cup cold water
¼ cup boiling water
1 pint hot chicken soup
Salt
Chopped parsley

Make Chicken Soup, above, season well. Soak gelatine in cold water 5 minutes. Add boiling water and chicken soup and stir until dissolved. When slightly cool, add parsley. Chill. Beat slightly with a fork, and serve in bouillon cups with wafers.

JELLIED BEEF BOUILLON

Use beef soup in place of chicken soup. Garnish with whipped cream sprinkled with paprika.

TURKEY OR GOOSE SOUP

Poultry bones and scraps of the meat
Cold water to cover
Stuffing
1 teaspoon salt
⅛ teaspoon pepper
1 onion, sliced
¼ cup celery, diced
¼ cup carrot, sliced

Take any left-over poultry, break the carcass in pieces, add stuffing. Put into kettle with remnants of the meat; cover with cold water, bring slowly to the boiling point, and let simmer 4 or more hours; add onions and celery and let boil ½ hour longer. Strain, remove fat. Serve hot with dumplings, "Pfarfel," barley or Green Kern, pages 119, 102, and 103.

MUTTON SOUP

1½ lb. mutton (neck)	2 potatoes
2 onions	1 qt. cold water
2 tablespoons rice or barley	Salt and pepper to taste

Cut the mutton into small pieces and put into a stew pot with the cold water. Cook slowly 4 or 5 hours.

One hour before serving add the sliced potatoes, onions, rice or barley and seasoning. Thicken, with a little flour wet in cold water and, if desired, add celery and carrot sliced.

VEGETABLE SOUP

No. 1

2 lbs. shin of beef, ½ meat, ½ fat and bone

2 qts. cold water	1 small onion
2 teaspoons salt	½ small carrot
¼ teaspoon pepper	½ small turnip
1 teaspoon sugar	1 sprig parsley
1 cup tomato	1 piece of celery root
½ cup cabbage	30 pods of shelled peas

Wipe the meat, cut it into small pieces. Put it with the salt into the cold water and let it stand ½ hour. Simmer 4 hours; then add the vegetables, cut fine, and the seasoning. Cook 1 hour longer, strain and cool. When ready to use, remove cake of fat, bring the stock to a boil, adding more salt if necessary.

No. 2

1½ qts. boiling water	1 piece celery root
⅓ cup carrots, diced	4 tablespoons butter
⅓ cup cabbage, cut	1 teaspoon sugar
1½ cups potato, diced	¼ cup string beans
¼ cup onion, sliced	2 teaspoons salt
1 cup strained tomatoes	1 teaspoon chopped parsley
½ cup peas	or green pepper

Use all or any, and as many varieties of vegetables as you wish, using half as much vegetable as liquor.

Wash, pare, scrape and cut the vegetables fine. Then measure. Mix vegetables, all but the potatoes and tomatoes. Heat the fat in a spider, add the vegetables, cook 10 minutes, stirring constantly; add potatoes and cook 2 minutes longer, then add the boiling water and tomatoes, and boil one hour or longer or until all the vegetables are tender, add the parsley, season to taste and serve hot. Any cold boiled vegetable (left-overs) may be added to this soup.

OX TAIL SOUP

3 lbs. lean beef
2 ox tails
6 qts. water
1 tablespoon salt
1 large onion, diced
¼ cup celery root, diced
1 tablespoon parsley root, diced
2 tablespoons fat
1 tablespoon flour
3 carrots

Have the oxtails split and cut into small pieces and fry them lightly in the fat.

Put meat and oxtails in soup kettle, pour over the water and salt and let come slowly to a boil, then let cook slowly but steadily 4 hours or longer. Add the vegetables, boil 1 hour longer and reduce stock nearly ½. Strain, heat 1 tablespoon fat in a spider, add a tablesppon flour, brown, and gradually pour on a cup of the soup stock; stir this into the remaining stock and return the carrots cut in small dice. Serve hot with Croutons, page 113.

MULLIGATAWNY SOUP

3 lbs. raw chicken
4 qts. cold water
2 sour applies, sliced
¼ cup onion, sliced
¼ cup celery, cut in cubes
¼ cup carrot, cut in cubes
1 teaspoon curry powder
1 tablespoon flour
2 cloves
1 cup tomato, strained
½ green pepper, chopped fine
⅛ teaspoon mace
1 teaspoon chopped parsley
1 teaspoon sugar
A little pepper
¼ cup butter or drippings
1 teaspoon salt

Cook vegetables and chicken in the fat until browned; add flour, curry powder, cloves and all the rest of the ingredients and cook slowly until the chicken is tender. Remove chicken and cut the meat in small pieces. Strain the soup and rub the vegetables through a sieve. Add the chicken to the strained soup. Season and serve hot, with boiled rice, page 38.

RICE OR BARLEY SOUP

2 qts. soup stock
½ cup pearl barley or rice
1 quart boiling water
1 teaspoon salt
⅛ teaspoon pepper
1 cup croutons

Wash barley or rice in cold water and then cook in 1 quart of boiling salted water until tender, 2 hours or more. When water has evaporated add Soup Stock, page 98. If making fresh soup, keep adding the "top soup," strained, to the rice or barley and let boil until tender; ½ cup each celery and carrot, diced, and boiled with soup improves the flavor. Serve with Croutons, page 113.

DRIED PEA SOUP

2 cups dried split peas
3 quarts cold water
3 lbs. smoked brisket of beef
Or scraps of dried beef, sausage or a ham bone
¼ cup celery, diced
1 small onion, cut fine
2 tablespoons butter
1 teaspoon sugar
2 teaspoons salt
¼ teaspoon white pepper
2 tablespoons flour

Pick over and wash the peas. Soak them in cold water over night, drain, place in soup kettle with the smoked beef, ham bone or tongue, add the cold water and let boil slowly but steadily 4 hours or more; add the celery and cook until the peas and meat are tender. Remove meat when tender. Skim fat off the top of soup. Heat 2 tablespoons of the fat in a spider, add the onions and brown, add flour and gradually a cup of the soup. Add to the rest of the soup. Season to taste and serve with the smoked meat, adding Croutons, page 113. Or cook peas until tender, add smoked sausage or dried beef, boil a few minutes, and serve hot with the soup. A slice of toasted rye bread boiled with the soup adds to the flavor.

LENTILS OR LINSEN SOUP

2 cups lentils
3 qts. cold water
3 lbs. brisket of beef
Or 1 lb. smoked sausage
Or a ham bone
¼ cup celery, diced
1 small onion
Salt and pepper
2 tablespoons flour
Croutons

Wash lentils and prepare same as Dried Pea Soup, above. 1 cup of strained tomato improves the flavor.

GREEN KERN SOUP

2 qts. soup stock or poultry soup
2 cups green kern
2 cups boiling water
⅛ teaspoon pepper
¼ teaspoon celery, diced
1 cup Croutons
1 teaspoon salt

Wash green kern in cold water, then cook in boiling salted water 2 hours or until tender, add the celery. As water evaporates, add soup stock, page 98. In making fresh soup take the "top soup" and keep adding it strained to the green kern, until the desired consistency. A slice of toasted rye bread boiled with the soup improves the flavor. Season to taste. Serve hot with Croutons, page 113. If you prefer, dry the green kern on back of stove, grind fine and cook until tender in the soup. Just before serving pour on one or two egg yolks well beaten.

POTATO SOUP

3 potatoes (cut small)
2 teaspoons chopped onions
½ teaspoon salt
1 quart boiling water
⅛ teaspoon white pepper
2 teaspoons chopped celery
2 teaspoons parsley (chopped fine)
2 tablespoons butter
1 tablespoon flour

Heat 1 tablespoon butter, add the onions and celery, and let simmer ten minutes. Add potato, cover, and cook two minutes. Add the water and boil one hour. Add more boiling water as it evaporates. Mix flour and butter, add some potato liquid and cook. Combine the mixture and serve hot with Croutons, page 113. Any cold cooked left-over vegetable may be added.

ONION SOUP

6 onions or 1 lb.
3 tablespoons butter
1 quart soup stock
6 slices bread
Grated cheese, Swiss, American or Parmesan

Cut onions into ⅛-inch slices. Cook slowly in butter until tender and slightly browned, stirring constantly. Add soup stock, heat to boiling point, boil 2 or 3 minutes. Toast bread, put a slice in each soup plate, cover each slice with 2 tablespoons cheese. Pour the hot soup over all and serve with additional cheese if desired.

TOMATO SOUP

1 can or quart of tomatoes
1 pint of water
4 cloves
1 slice of onion
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon soda
2 tablespoons butter
2 tablespoons flour

Cook the first six ingredients twenty minutes; strain, reheat, add the soda, melt the butter, add the flour, and gradually the hot strained tomatoes.

BAKED BEAN SOUP

1 qt. baked beans or
1 can baked beans
1 medium onion
2 qts. water
3 tablespoons butter
3 tablespoons flour
Salt and pepper to taste

Cook beans, water and onions until beans are soft. Put through a strainer. Melt butter, add flour, and when bubbling add ⅔ cup and then the rest of the soup. Season with salt and pepper, and reheat to boiling point and serve.

One cup strained tomatoes may be added.

BLACK BEAN SOUP

1 pint black beans
2 qts. cold water
2 tablespoons chopped onion
2 stalks celery or celery root
2 teaspoons salt
⅛ teaspoon pepper
3 tablespoons butter
2 tablespoons flour
2 hard boiled eggs
1 lemon

Soak beans over night; drain and add cold water and rinse thoroughly. Fry the onion in 2 tablespoons butter, put it with the beans, add the celery and the 2 quarts water. Cook slowly until the beans are soft, 3 or 4 hours, add more water as it boils away; rub through a strainer, add the seasonings and heat; heat the remaining butter in a saucepan, add the flour, then ⅔ cup and then the rest of the hot soup gradually; cut lemon (removing seeds) and eggs in thin slices and serve in the soup.

CHICKEN GUMBO SOUP

½ of a 4 lb. chicken
¼ cup rice
1 small can okra
1 small onion, chopped
2 stalks celery, cut
¼ cup strained tomato

Make Chicken Soup, page 100, when meat is nearly tender, cut into small pieces, return to soup, add the rest, let boil gently 1 hour, season and serve.

FRUIT SOUP—CHERRY

1 qt. cherries
1 qt. water
¼ cup sugar
3 or 4 inches, stick cinnamon
½ lemon, sliced fine
2 tablespoons sago
2 yolks of eggs

Cook sago in one cup of boiling water until tender, add more, as water evaporates. Put the first five ingredients on to boil and let boil 15 minutes; add the cooked sago, let boil up and pour very gradually over the two well beaten yolks. Serve cold.

Strawberry, raspberry, currant, gooseberry, apple, plum or rhubarb soups, alone or in combination, are prepared the same way.

BEET (BORSHT) SOUP

6 medium beets
1½ lbs. fat beef
3 large onions
3 pints water
Citric acid
Sugar to taste

Wash, scrape and grate red beets or run through a meat grinder. Put in a kettle. Add fat, brisket of beef, or flank, three large onions, and a little salt to taste, and let cook until beets and meat are tender. Then add citric acid (sour salt) size of a pea and vinegar to taste, and a few cooked prunes, if desired. Boil about 15 minutes. Serve while hot.

BORSHT

½ of a 5 lb. chicken
3 qts. boiling water
½ cup lima beans
1 pt. strained tomatoes
1 lb. cabbage
2 onions
1 carrot
2 potatoes
1 celery root, small
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons sugar
Citric acid size of a hazel nut
3 yolks, well beaten
2 apples

Place chicken, cut at joints, in water. Add sliced cabbage rubbed with salt and pepper, onions, carrots, apples, potatoes, celery root, cut in cubes, beans and tomatoes and cook slowly 2 to 3 hours. Then add sugar and citric acid (sour salt) and boil 3 minutes. Remove from flame and stir about 1 pint of this soup into the yolks gradually, so it will not curdle. Mix all together. Boiled water may be added if mixture is too thick. Cut up chicken and serve.

CREAM SOUPS

GARNISHES FOR CREAM SOUPS

A spoonful of whipped cream, one or two marshmallows or a teaspoon of puffed rice or wheat or popped corn may be added to a bowl of any cream soup just before serving.

Make roses of whipped cream, with pastry tube, on round crackers, 1¼ inches wide. Sprinkle with paprika and parsley, chopped fine. Just before serving place one or more on top of each bowl of soup.

MILK SOUP

2 tablespoons butter
4 tablespoons flour
Speck of sugar
1 quart hot milk, or milk and water mixed
1 teaspoon salt

Brown the butter, add the flour and salt and pour some of the hot milk over the thickening, stirring all the time. Add the rest of the milk. Season to taste. Serve with noodles, dumplings or other soup garnishes. Rye flour may be used in place of the wheat flour and one or two yolks of eggs may be added very gradually, just before serving.

CREAM OF TOMATO SOUP

3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
1½ tablespoons salt
¼ tablespoon celery salt
⅛ teaspoon pepper
Few grains cayenne
1 tablespoon chopped parsley

Cook the potatoes till very soft. Scald the milk and onion in a double boiler. Drain the potatoes; add the milk, having removed the onion. Rub through a strainer and put back into double boiler over the fire. Melt the butter or dripping, add the flour, stirring all the time. Pour some of the hot milk mixture over the thickening, then return to the boiler and cook 5 minutes. Add 1 teaspoon finely chopped parsley and serve very hot. If the soup be too thick, add hot water or milk.

One-half cup cream, whipped stiff, may be added to soup before serving.

CREAM OF TOMATO SOUP

½ can or pint tomatoes
¼ teaspoon soda
1 slice onion
1 teaspoon salt
2 teaspoons sugar
¼ teaspoon white pepper
2 tablespoons flour
2 tablespoons butter
1 quart milk or milk and water mixed

Cook the onion with the milk. Heat butter, add flour and seasoning, ⅔ cup hot milk, then the rest gradually. Heat the strained tomatoes, add the soda, and when the bubbling stops, add the tomato to the white sauce.

CREAM OF ASPARAGUS SOUP

3 tablespoons butter
3 tablespoons flour
3 pints soup stock
1 teaspoon salt
1 teaspoon chopped parsley
2 bunches green asparagus
½ cup of cream
1 slice onion

Wash and drain asparagus, reserve tips and add stalks to 1 pint cold water. Boil five minutes, drain, add Soup Stock, page 98, and one slice onion. Boil thirty minutes, rub through a sieve. Heat butter, add flour and seasoning and cook with the hot stock and milk; add the tips. If soup stock is not salted, add more salt and a little pepper. Serve in bouillon cups garnished with tablespoon of whipped cream, in center of which 4 or 5 asparagus tips are placed upright.

CREAM OF CORN SOUP

1 can corn
1 pint water
1 qt. hot milk
1 teaspoon salt
2 tablespoons butter
1 slice onion
2 tablespoons flour
⅛ teaspoon white pepper

Heat the milk and onion, then remove onion. Chop the corn or rub through a sieve, and cook it with the water 20 minutes. Melt the butter, add the flour, and when bubbling, add first ⅔ cup, then the rest of the milk gradually; cook till slightly thickened. Add this mixture to the corn and season with salt and pepper. Serve hot, with crackers.

GREEN CORN SYRUP

6 ears sweet corn or
1 pt. raw pulp
1 pt. milk or cream
1 teaspoon salt
⅛ teaspoon white pepper
1 teaspoon sugar
1 teaspoon flour
1 tablespoon butter

Grate the corn. Cover the cobs with cold water, and boil 30 minutes, then strain. To 1 pint of this corn liquor add the raw corn pulp, cook 15 minutes, add the seasoning and milk, hot. Heat the butter, add the flour and gradually the corn mixture; cook 5 minutes longer and serve hot with crackers.

Or, serve hot pop corn on a spoonful of whipped cream on top of each cup.

CREAM OF SPINACH OR LETTUCE SOUP

2 qts. spinach
Or 2 heads lettuce, finely cut
1 qt. chicken soup
2 cups white sauce

Wash, pick over, cook spinach, page 220, drain, chop and rub through sieve; add soup, heat to boiling point, add White Sauce, page 120, season with salt and pepper. Serve in bouillon cups topped with whipped cream, sprinkled with chopped parsley.

CREAM OF CELERY SOUP

3 stalks celery
3 cups milk
1 slice onion
1 teaspoon salt
2 tablespoons butter
2 tablespoons flour
¼ teaspoon pepper
1 cup cream

Break celery in 1-inch pieces, and pound in a mortar. Cook in double boiler with onion and milk 20 minutes. Remove onion, heat the butter, add flour and seasonings, first ⅔ cup and gradually the rest of the celery broth, and the cream, cook until smooth and slightly thickened and serve at once.

CREAM OF MUSHROOM SOUP

½ lb. mushrooms
1 qt. chicken or veal broth
4 tablespoons butter
2 tablespoons flour
1 cup cream
Salt and pepper

Melt one-half the butter in spider, add mushrooms, peeled, chopped or ground, cover; let simmer 5 minutes. Add to soup. Cook 5 minutes. Put rest of the butter in saucepan, add flour. When it bubbles, stir in ⅔ cup mushroom soup, then add rest of the soup; add cream and seasoning. Serve with a spoonful of whipped cream sprinkled with paprika on top of each cup.

ALMOND SOUP

½ lb. almonds
6 bitter almonds
1 small onion
3 tablespoons butter
Salt
Paprika
1 cup cream
3 tablespoons cornstarch
3 pints chicken or veal soup

Blanch almonds, put through meat chopper and grind until like coarse meal. Melt butter, add cornstarch, add 1 cup chicken broth, and make a very smooth sauce. Then add the almonds to the remaining soup, cook for a few minutes, add seasoning of salt and paprika, and 1 cup cream. Serve in bouillon cups with a whipped cream rose on top of a small round cracker, in each cup.

CREAM OF BARLEY OR RICE

½ cup pearl barley
1 qt. soup stock
1 slice onion
⅛ teaspoon pepper
1 cup hot cream
2 yolks of eggs
1 teaspoon salt

Cook barley and onion in 1 quart of boiling water 45 minutes, add the soup stock and cook until tender. Strain, season and serve with thickening made of one cup hot cream stirred gradually into the two beaten yolks; add a handful of Croutons, page 113, and serve at once or it will curdle.

BEET SOUP (Russian Style) MILCHIK

Cut two small beets in strips; cover with water and let cook until tender; add citric acid and a little sugar to make sweet and sour. Also a little salt; add ¾ cup sour cream. Serve cold.

Or, sweet milk may be used and while hot gradually poured over 2 or more well beaten yolks of eggs, stirred constantly and kept over the fire until thick and smooth. Remove from stove and serve cold.

CREAM OF HERRING SOUP (Russian Style)

2 cups milk
2 cups water
1 small onion
Salt and pepper to taste
2 herring (previously soaked)

Place milk, water, onion and seasoning in a saucepan. Boil for 10 minutes, add herring which has been previously soaked and cut in small pieces; cook until herring is tender.

SALMON SOUP

⅓ can salmon
1 qt. milk
1 teaspoon salt
2 tablespoons butter
2 tablespoons flour
⅛ teaspoon pepper

Drain oil from the salmon, remove skin and bones and rub through a sieve. Heat the butter, add flour and seasoning, add ⅔ cup and then gradually the rest of the milk, scalded, and the strained salmon. Cook until smooth and slightly thickened and serve hot with crackers.

OYSTER STEW

2 cups scalded milk
1 pt. oysters
1 little pepper
½ teaspoon salt
1 tablespoon butter

When the milk is hot put the oysters and butter in a sauce pan and heat until the edges curl. Add the milk and seasoning. Cook one minute and serve at once.

CREAM OF OYSTER SOUP

1 pint of oysters
½ cup cold water
1 cup white sauce
Salt and pepper to taste

Wash oysters with ½ cup cold water, through colander, remove any bits of shell; reserve the liquid; heat gradually to the boiling point. Let oysters simmer until they look plump and the edges curl; drain and skim the liquid. Make a White Sauce, page 120, add the hot strained oyster liquid, salt and pepper to taste and cook until smooth. Add the oysters and serve hot with oyster crackers toasted in the oven just a few minutes.

CRABFISH CREAM SOUP

12 crab tails
2 tablespoons butter
1 qt. hot milk
3 tablespoons flour
1 cup cream
Salt and pepper

Take the crab meat out of 12 crabfish tails. Dry the shells and pound them together in a mortar; add the butter, place on fire

until it clarifies, about 5 minutes, strain; add crab meat in pieces, salt and pepper to taste and add to the hot milk. Mix the flour with part of the cream to a smooth paste, add the rest of the cream, mix with the soup and boil and stir until all is smooth. Serve hot with oyster crackers toasted a few moments in the oven.

LOBSTER BISQUE

2 lbs. lobster
2 cups cold water
4 cups milk
¼ cup flour
1½ teaspoons salt
A few grains cayenne

Remove the meat from lobster shell. Add cold water to body bones and tough end of claws, cut in pieces; bring slowly to boiling point and cook twenty minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped; strain and add to liquor. Season with salt and cayenne; then add tender claw meat, cut in dice, and body meat. When coral is found in lobster, wash, wipe, force through fine strainer, put in a mortar with butter, work until well blended, then add flour, and stir into soup. If desired, use white stock in place of water.

CLAM CHOWDER

1 qt. clams
4 cups potatoes cut in dice ¾ inch square
2 in. sq. fat salt pork
1 sliced onion
1 teaspoon salt
⅛ teaspoon pepper
4 teaspoons butter
4 cups milk
8 soda crackers

Pick over and drain the clams to remove the pieces of shells. Cut the pork into fine pieces and try out; add the onions, fry 5 minutes, add the cubed potatoes, clam liquor and water enough to cover. Cook until nearly tender, pour into a saucepan, and add the milk, butter, pepper and salt. When the potatoes are done and the milk is boiling hot, add the clams and lastly the crackers. The clams can be put in whole or cut up. They should not be cooked longer than three minutes.

MOCK CLAM CHOWDER

Make the chowder like the above; only add a little more salt and leave out the clams. It should be cooked a little longer.

FISH CHOWDER

No. 1

4 lbs. cod or haddock
6 cups potato, cut in ¼ inch slices, or
4 cups potato, cut in ¾ inch cubes
1 sliced onion
1½ inch cube fat salt pork
¼ teaspoon pepper
1½ tablespoon salt
3 tablespoons butter
4 cups scalded milk
8 soda crackers

Skin and bone fish. Cook head and backbone in 2 cups cold water 20 minutes; strain. Fry onion in strained, tried-out pork, add potatoes; cook with 2 cups boiling water 5 minutes; add fish liquid, the raw fish cut in pieces. Cover and let simmer 10 minutes. Add the rest, soaking crackers in cold milk.

No. 2

1½ lbs. raw halibut
6 large potatoes
6 large tomatoes
2 large onions
⅔ cup butter
½ pint double cream

Cut fish and vegetables in small pieces; add salt, pepper, 3 pints water, and cook 1 hour. Add cream, butter and paprika. Cook 5 minutes and serve.

CORN CHOWDER

1 can or 2 cups fresh corn
4 potatoes, cut in slices
2 onions, sliced
2 cups water
2 tablespoons flour
3 cups scalded milk
3 tablespoons fat drippings
Salt and pepper

Fry onion in fat, add flour, stirring often so that onion may not burn; add 2 cups water and potatoes. Cook until the potatoes are soft; add corn and milk, and cook 5 minutes. Season with salt and pepper, and serve.

MOCK BISQUE

1 qt. tomatoes
2 tablespoons cracker crumbs
½ teaspoon salt
3 pts. milk
1 tablespoon butter
Speck pepper
¼ teaspoon soda

Heat the tomatoes and milk in separate dishes. Add to the tomatoes the salt, pepper, butter and bread crumbs. When the tomatoes are thoroughly cooked add the soda and milk at once and remove from the stove.

CHAPTER X

DUMPLINGS AND GARNISHES FOR SOUPS

EGG FLUFF

Pour 2 quarts clear boiling soup in soup tureen over stiffly beaten whites of 3 eggs. Sprinkle with paprika and serve a portion on top of each plate. Serves 12 people.

CROUTONS

In the Oven—Cut stale bread into cubes, place in pan and brown in the oven; or butter the bread, cut into cubes and then brown the same way.

To Fry—Cook small cubes of stale bread in deep hot fat until brown, or brown them in a hot spider with a little butter or fat.

CRISPED CRUSTS

Cut the crusts of bread into strips one inch wide, five inches long, one-half inch thick; toast in oven to a golden brown.

SOUP STICKS

Cut stale bread in ⅓ inch slices, remove crusts, spread with butter, cut in ⅓ inch strips, brown in the oven.

CRISPED CRACKERS

Split common crackers, place in pan in hot oven a few moments to heat through and freshen or crisp; or spread with creamed butter and place in pan, in a hot oven, a few moments with butter side up, until delicately browned.

PUFFED CRACKERS

Split common crackers, cover with ice water, let stand 8 minutes. Dot with bits of butter, place in hot oven until browned and puffed.

MATZOS FOR SOUP

Break one or more matzos crackers into small pieces and drop into boiling soup one minute before serving.

ROLLED TOAST STICKS

Remove end slice from a fresh loaf of bread. Spread generously with creamed or washed butter. Cut crosswise into very thin slices, remove crusts.

Lay slice on a damp cloth and, beginning at one corner, roll well to opposite corner, putting on an extra bit of butter at end to fasten well. Place rolls in shallow pan, put under hot flame, turning the rolls until evenly toasted and brown.

Serve hot with soup.

CARAWAY POTATO WAFERS

¼ lb. or 1 cup boiled potatoes, riced while warm
½ cup (¼ lb.) creamed butter
1⅛ cups flour
1 teaspoon salt
1 tablespoon caraway seed
1 egg, slightly beaten

Work first 4 ingredients lightly with fork to a smooth dough. Set aside ½ hour to chill. Roll ⅛ inch thick, place in pan, brush top with egg mixed with milk, sprinkle plentifully with salt and caraway seed. Cut with hot knife into narrow strips 1 to 3 inches. Place in oven at 350° F., gradually increase to 400° F. Bake 15 minutes or until crisp and a delicate brown. Serve with soup or salad.

EGG CUSTARD

2 eggs, (yolks)
Chopped parsley and paprika
2 tablespoons milk
Few grains salt

Beat eggs slightly, add milk and salt, pour into a small buttered cup, sprinkle with parsley and paprika, place in pan of hot water and let cook until firm. Cool, remove from cup and cut into fancy shapes or squares.

EIN LAUF

1 egg
¼ cup water
⅛ teaspoon salt
3 tablespoons flour

Beat egg, add the salt, flour and water, stir until smooth. Pour slowly from end of spoon into boiling soup. Cook 2 or 3 minutes and serve hot; add 1 teaspoon chopped parsley to the soup.

FRITTER BEANS

1 egg
2 tablespoons milk or water
¾ teaspoon salt
½ cup flour

Beat egg until light, add salt, flour and milk. Put through colander into hot, deep fat and fry until brown. Drain and pour the hot broth over them and serve.

SPATZEN

1 egg
⅓ cup water
½ teaspoon salt
¾ cup flour

Beat egg well, add salt, flour and water, stirring to a stiff, smooth batter. Drop by teaspoons into boiling soup 10 minutes before serving.

BAKING POWDER DUMPLINGS

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk or water, scant

Sift dry ingredients, stir in the milk or water and mix to smooth batter. Drop a teaspoonful at a time in the boiling soup; cover kettle, let boil 5 minutes and serve at once.

SPONGE DUMPLINGS

¼ teaspoon salt
3 eggs
½ teaspoon chopped parsley
1 cup soup stock

Separate the eggs; beat the yolks and add the soup stock; then add the beaten whites. Pour into a buttered cup and place in pan of hot water and steam until firm; cool, remove from cup and cut into small dumplings with a teaspoon, or bake in small frying pan in a hot oven until browned and when cool cut into small triangles. Pour the boiling soup over and just before serving add the parsley.

CRACKER BALLS

6 tablespoons cracker crumbs
1 egg
2 tablespoons butter or fat
1 teaspoon chopped parsley
1 tablespoon milk or soup
½ teaspoon salt
Nutmeg, ginger and pepper to taste

Stir butter with the egg, add the seasoning, liquid and enough meal to shape into small balls. Let stand ½ hour to swell. Drop into boiling soup 10 minutes before serving.

EGG BALLS

2 yolks, cooked
1 raw egg yolk
⅛ teaspoon salt
1/16 teaspoon pepper
½ teaspoon melted butter

Rub yolks through sieve, add seasoning and put together with raw yolk, just enough to shape into small balls. Roll in flour and fry in a little butter; and pour the hot broth over them, or drop them without frying, into boiling soup 5 minutes before serving.

CRACKER DUMPLINGS

½ cup cracker crumbs
1 egg, slightly beaten
½ cup hot water, or soup
½ teaspoon salt
1/16 teaspoon pepper
1 teaspoon chopped parsley

Scald cracker crumbs with hot soup or water, add the rest, let stand until cool. Drop with teaspoon into boiling soup 10 minutes before serving.

DROP DUMPLINGS

3 eggs, separated
½ cup milk
2 tablespoons butter
1 cup flour
½ teaspoon salt
Pepper and nutmeg

Break whites of eggs into a cup and add enough milk to fill cup; mix butter and flour in a spider and stir as it boils until it leaves the spider clean. When cool, stir in yolks and season. Drop from teaspoon into boiling soup 5 minutes before serving.

BREAD AND MEAT DUMPLINGS

¼ cup raw chopped calf's liver, beef, or chicken meat
1½ cups bread, cut in small squares
1 teaspoon salt
Pepper and ginger to taste,
1 teaspoon chopped parsley
1 teaspoon chopped onion
1 tablespoon soup fat
1 egg

Soak the bread in water 10 minutes; take out and press dry. Add egg, well beaten, and the rest. Shape into balls size of a walnut with bread or cracker crumbs. Drop into boiling soup, let cook 10 minutes and serve. Makes 20 dumplings.

FARINA BALLS

1 cup hot milk
½ cup farina
2 eggs
1 tablespoon butter
½ teaspoon salt
Pepper

Put butter and milk in double boiler, when hot add farina and stir until thick and smooth; take from stove and when cool add the yolks of the eggs and the whites, beaten stiff. Season to taste and add ½ cup grated almonds, if desired. Roll into marbles Drop them in boiling soup 10 minutes before serving and let them boil up once or twice.

MACAROONS FOR SOUP

1 egg, separated
2 teaspoons flour or cracker crumbs
¼ cup grated almonds
½ teaspoon salt

Blanch almonds, and grind. Beat yolk well, add the flour or crumbs, the almonds and lastly the beaten whites. Drop tiny bits from end of spoon in deep hot fat. Remove with skimmer. Drain and add to soup a few minutes before serving.

MANDEL KLOESE

2 eggs
Salt and pepper
½ teaspoon chopped parsley
6 almonds, grated
½ teaspoon baking powder
Flour

Beat yolks very light; add salt and seasoning, the blanched and grated almonds and enough flour and the baking powder to make a stiff batter. Add the beaten whites. Drop from teaspoon into boiling soup 10 minutes before serving. Test one in boiling water and if it boils apart, add more flour.

MATZOS—MARROW BALLS

2 tablespoons marrow fat or chicken fat
2 eggs
¼ cup matzos meal, sifted
½ teaspoon salt
A grating of nutmeg

Split the bones and remove the marrow. Cream the marrow or other fat, add the eggs well beaten, season, and add only enough matzos meal to make a soft dough. Let stand several hours in ice box, shape into balls, size of a marble or a walnut. Try one in boiling water, if it does not hold together, add more meal. Drop into boiling soup 15 minutes before serving. Cracker crumbs or bread crumbs may be used in place of the meal.

MATZOS KLOESE (DUMPLINGS)

No. 1

2 matzos or
1 cup soaked wheat bread
2 tablespoons fat (goose)
2 eggs
¼ onion, cut fine
1 teaspoon chopped parsley
½ cup matzos meal or
¾ cup cracker meal
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon ginger
⅛ teaspoon nutmeg

Soak the matzos a few minutes in cold water and then drain and squeeze dry. Heat the fat in a spider, add the onions, fry to a golden brown, then add the soaked matzos, stir until it leaves the spider clean, then add seasoning, the egg, slightly beaten, and then the matzos or cracker meal, just enough to make a soft dough. Let stand several hours to swell. Shape into balls the size of a marble. Drop into boiling soup 15 minutes before serving. Test one, if it boils apart add more meal.

No. 2

2 tablespoons chicken fat
1 egg, slightly beaten
1 teaspoon salt
1 cup matzos meal
1 cup boiling water
Pepper and nutmeg to taste
½ teaspoon chopped parsley

Pour boiling water over matzos meal, stir until water is absorbed, add fat, then egg and seasoning. Mix well. When cool, place in

ice box. Let stand one hour or longer. Roll dough into balls the size of a walnut. If sticky, grease palms of hands or moisten with cold water occasionally. Drop into boiling soup 15 minutes before serving. Boil gently uncovered.

No. 3

1 tablespoon poultry fat or butter
3 eggs
½ cup grated almonds
½ teaspoon sugar
⅛ teaspoon nutmeg
⅛ teaspoon salt
Matzos or cracker meal

Beat the yolks very light, add seasoning, and the almonds and enough matzos or cracker meal to make a stiff batter, then add the beaten whites. Drop by teaspoon in deep hot fat, fry light brown; try one, and if they do not hold together, add more meal; place in oven to keep warm and put in soup before serving.

MATZOS MEAL NOODLES

2 eggs
⅛ teaspoon salt
2 tablespoons matzos meal
¼ cup potato flour

Add salt to egg, beat slightly, stir in matzos meal or potato flour. Heat a little fat in spider, pour in egg mixture; when cooked on one side turn on the other. Roll pancake and cut into noodles ⅛ inch wide. Drop into boiling soup before serving.

NOODLES

1 egg ⅔ cup flour (about) ¼ teaspoon salt

Beat egg slightly, add salt and enough flour to make a stiff dough. Knead well, let stand, covered, ½ hour. Roll out very thin, spread on cloth to dry. It must not be the least bit sticky and not so dry that it will break or be brittle.

Fold into a tight roll, or cut into 3-inch strips, placing the strips all together, one on top of another. Now cut these long strips crosswise into very fine strips or threads. Toss them up lightly with fingers to separate well, and spread them out on the board to dry. When thoroughly dry, put in covered jars for future use. Drop by handfuls into boiling soup 5 minutes before serving.

"PLAETZCHEN" (NOODLE SQUARES)

Prepare and roll dough as Noodles, above. When dough is no longer sticky, cut into 3-inch strips and place strips one on top of the other. Then cut crosswise into ⅓-inch strips, cut again in opposite direction to form ⅓-inch squares. Spread out to dry. Drop by handfuls into boiling soup, let boil 5 minutes and serve.

FINGERHUETCHEN (NOODLE PUFFS)

No. 1—Prepare and roll dough as Noodles, opposite page. Let stand until almost dry, fold dough over, through center and cut through this double thickness with a small floured cutter or thimble, pressing well, so edges stick together. Fry in deep hot fat until brown. They should be puffed like little balls. Place in tureen or a few in each bouillon cup and pour the hot broth over them.

No. 2—Beat 1 egg slightly, add ¼ teaspoon salt and gradually ½ cup flour; form into a soft smooth dough. Place on well floured board, pat ¼ inch thick, cut with floured thimble or small cutter, into tiny balls, about 100. Heat ¼ cup butter or chicken fat in pan, drop balls in carefully, not too close, as they swell. Place pan in medium oven, 325° F. When lightly browned on one side, turn with pancake turner and brown on the other side. Drain. Drop 5 or 6 balls in each soup plate or cup, pour the boiling soup over them. Will keep. Reheat before using.

EGG BARLEY OR PFARVEL

No. 1—Prepare Noodle Dough, opposite page, adding more flour and knead into a hard ball. Chop dough into small bits with large knife, or grate or rub well in hollow of hand. For even grains rub through a colander. Dry a few moments in pan in the oven or on board. Drop a desired quantity gradually into boiling soup, let boil 5 or 10 minutes, or until tender.

This recipe makes one cupful of raw "Pfarvel," may be used as a vegetable, page 243.

No. 2—Take scraps of rolled noodle dough that are too brittle, or use left-over broken noodles. Crush on bread board with rolling pin, into small bits (not to powder). Shake a little at a time through colander into mixing bowl, forming even grains. To 2 cupfuls or 1 pound, add 1 egg slightly beaten. Mix thoroughly, rub through colander again. Let stand until thoroughly dry. Store. Use in soup or as a vegetable substitute, page 243.

CREPLECH, PIEROGI, OR RAVIOLI

Noodle dough,
1 lb. lean raw beef, chopped
1 egg
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon onion juice

Roll Noodle Dough, page 118, into pieces 1½ inches square. Mix the meat with the egg and seasoning and place a teaspoon of this mixture on each square. Fold into three-corned pockets, pressing edges well together. Drop in boiling soup or salted water and boil 15 minutes. Creplech may also be filled with prepared cottage cheese or prunes and used as a vegetable.

CHAPTER XI

SAUCES FOR FISH, MEAT AND VEGETABLES

WHAT SAUCES CONTAIN

Fat	Starch	Liquids	Seasoning
Butter Beef dripping Oil	Flour Corn starch	Milk Water Milk and water Vegetable stock with or without milk Fish stock Meat stock Fruit juices	Salt Pepper Spices Sugar Flavoring extracts Fruit Juices Acids

THIN WHITE SAUCE

2 tablespoons butter
1½ tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup hot milk

Scald the milk. Melt the butter in a saucepan. Remove from fire and mix with flour. Cook until it bubbles, then add ⅔ of the hot milk at once and the rest gradually and boil, stirring constantly, until the mixture thickens. Season and serve hot.

WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
⅛ teaspoon pepper
½ teaspoon salt
1 cup hot milk or cream

Melt the butter in a saucepan. Remove from fire and mix with flour. Cook until it bubbles, then add ⅔ of the hot milk or cream at once and the rest gradually and boil, stirring constantly until the mixture thickens. Season and serve hot.

Or, mix butter well with flour and add to the hot milk. Or, if less butter is desired, mix flour with a little cold milk until smooth, then add to hot milk.

THICK WHITE SAUCE

(For Cutlets and Croquettes)

2½ tablespoons butter
⅓ cup flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup hot milk or white soup stock

Melt butter in hot frying pan, add flour and stir well and when it bubbles add ⅔ of the hot liquid at once and the rest gradually, stirring constantly until smooth. Season.

CREAM SAUCE

1 cup hot White Sauce
2 yolks of eggs

Pour a few spoonfuls of the White Sauce, page 120, gradually over the beaten yolks, then stir this into the remaining sauce and cook slowly, stirring constantly until thick, or add a little cold water to the beaten yolks and stir slowly into the gravy. Serve at once, hot, over cooked green peas, asparagus, fish, meat or poultry.

BROWN SAUCE

2 tablespoons butter or other fat
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup hot water, meat, fish or vegetable stock

Brown the butter or fat and, if desired, add a small onion, chopped, and when brown add the flour, let brown, and add ⅔ cup of the hot liquid and gradually the rest of the seasoning. Let cook five minutes and serve over hot meat, vegetables, dumplings, etc. This makes one cup of sauce.

MUSHROOM SAUCE

One can mushrooms
1 cup Brown Sauce, above
1 teaspoon chopped parsley

Make Brown Sauce, above, (using mushroom liquid mixed with beef stock) and add to it the mushrooms, drained, rinsed and cut in quarters or slices. Serve hot over meat.

With Fresh Mushrooms—Separate caps and stems. Use caps as a garnish for meat; grind stems for sauce. Sauté each separately, page 214. Make White Sauce, page 200, using mushroom liquid with the milk. Add the ground stems, cook a few minutes and serve.

CAPER SAUCE

Drain ¼ cup of capers from their liquor and add to Brown Sauce—recipe above. Serve hot with boiled mutton or fish.

CREOLE SAUCE

1½ cups Brown Sauce
2 tablespoons butter
2 tablespoons onion, chopped
2 tablespoons chopped green peppers
¼ cup mushrooms
2 whole tomatoes, peeled and sliced, or
3 tablespoons canned tomatoes
½ teaspoon salt
½ teaspoon paprika
1 teaspoon catsup
Kitchen bouquet

Follow directions for Brown Sauce, page 121, increasing the proportions one-half. Heat butter, add the onion, let fry lightly, then the peppers, tomato and mushrooms; add to Brown Sauce, season with the rest of the ingredients, cook together 20 minutes and serve hot over thick broiled steak.

Kitchen Bouquet—A sprig each of parsley, savory, and thyme, one small leaf of sage, and a bay leaf.

Kitchen Bouquet in liquid form, may be bought.

PIQUANT SAUCE

1 cup Brown Sauce
½ small onion, chopped fine
2 tablespoons lemon juice or vinegar
1 tablespoon each of capers and pickles, chopped

Make Brown Sauce, page 121, and while hot add the rest of the ingredients. Serve hot with beef or fish.

JELLY SAUCE FOR GAME

Make Brown Sauce, page 121, and when hot, add ¼ cup currant jelly. Cook until dissolved. Serve hot with venison chops.

EGG SAUCE FOR BOILED FISH

2 yolks of eggs
1 cup Brown Sauce
1 tablespoon vinegar or lemon juice

Follow recipe for Brown Sauce, page 121, using fish liquor. Stir the hot sauce gradually on the beaten yolks; let cook a moment, stirring constantly until thick. Remove from fire and lemon juice.

ANCHOVY SAUCE

Season Brown Sauce, page 121, Drawn Butter Sauce, page 125, or Hollandaise Sauce, page 125, with anchovy essence, or skin, bone and mash 3 or 4 anchovies until smooth and add to the sauce, adding lemon juice to taste.

TOMATO SAUCE

No. 1

2 tablespoons butter
¼ teaspoon onion juice
2 tablespoons flour
½ cup water
1 cup strained tomato
1 teaspoon salt

Heat the butter, remove from the fire, stir in the flour. Add the water, stir well, add the tomato, the onion juice, salt and pepper, boil 5 minutes. Serve hot with boiled macaroni, or with boiled or baked meat, or with baked eggs or fish.

No. 2

½ can tomatoes or
1¾ cups fresh stewed tomatoes
2 slices onion
8 peppercorns
1 bay leaf
3 cloves
2 tablespoons butter or other fat
2 tablespoons flour
1 tablespoon sugar
¼ teaspoon salt

Cook tomatoes 15 minutes with the onion, and spices.

Strain, heat the butter in a frying pan, add flour and ⅔ cup of the hot strained tomatoes, then the rest. Cook until thick. Season to taste. Served over hot chops, fish, macaroni, etc. May be thickened with grated gingerbread.

TOMATO SAUCE—(Italian)

1 qt. tomatoes, strained or
1 small can tomato paste
1 onion, chopped fine
1 clove garlic, chopped fine
Salt and pepper to taste
1 tablespoon oil

Fry onion and garlic in oil until light brown, add tomato, let cook 15 minutes or until slightly thickened. Season well and serve hot.

SPANISH TOMATO SAUCE

10 green peppers
6 large tomatoes
1 teaspoon salt
1 onion
1 teaspoon vinegar

Toast peppers on top of stove until the skins loosen. Remove the seed and skin. Scald the tomatoes and peel; chop all together, add salt and serve cold with meat.

SPANISH CHILI SAUCE

10 red peppers, seed and veins removed
1 teaspoon salt
1 onion
A clove of garlic, minced
½ teaspoon marjoram

Scald peppers until soft, in enough boiling water to cover. Mash or press through colander, add the rest, if desired hotter, leave veins in the peppers. Enough sauce for 2 lbs. meat.

SWEET AND SOUR SAUCE

No. 1

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
2 tablespoons sugar
¼ teaspoon pepper
2 tablespoons vinegar
1 cup of hot vegetable liquor or soup stock

Brown butter well, add flour and brown, then the seasoning, add ⅔ cup of the hot liquid, then the rest and vinegar and sugar to taste. Cook until smooth and serve hot as desired with cooked string beans, carrots, soup meat, etc.

No. 2

½ cup sugar
1 tablespoon flour
1 cup hot water
¼ cup vinegar
½ teaspoon salt
⅛ teaspoon pepper
Vegetable or soup stock

Melt sugar in a hot spider, add the flour and stir, and very gradually add the boiling liquid, then the vinegar and the seasoning. Serve hot with boiled carrots, string beans, etc.

GINGER SNAP SAUCE

4 ginger snaps
½ cup brown sugar
¼ cup vinegar
½ teaspoon onion juice
1 cup hot water, fish or soup stock
1 lemon, sliced
¼ cup raisins

Mix all together and cook until smooth. It must taste strong of vinegar and sugar and more of either may be added to suit taste. Grated Gingerbread for Filling, page 414, may be used in place of the gingersnaps.

Pour while hot over fish, meat, tongue and left-over meats, and serve cold.

CATSUP SAUCE

1 cup White Sauce
3 tablespoons catsup

Make White Sauce, page 120. Mix with the catsup and serve hot or cold over fish or meat.

ROAST BEEF GRAVY

Remove all but about 4 tablespoons fat from pan. Place on hot fire, add 4 tablespoons flour, when browned, add 1½ cups boiling water. Let cook 5 minutes, stirring in the browned fat and flour from bottom of pan. Season with salt and pepper.

FRICASSEE SAUCE

¼ cup poultry or other fat
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups hot chicken stock
½ cup hot cream

Heat fat, add flour when it bubbles, add the soup stock at once, stir until thick, then add the cream, if desired, and stir until smooth.

EGG SAUCE

6 hard cooked eggs, diced
1 cup cream
1 tablespoon butter
A little paprika
4 tablespoons finely chopped parsley

Place the first 4 ingredients in top of double boiler, let cook 5 to 10 minutes. Remove from fire, add parsley and pour hot over cauliflower, asparagus or fish.

DRAWN BUTTER SAUCE

2 cups boiling water, milk or fish stock
8 tablespoons butter
⅛ teaspoon pepper
4 tablespoons flour
½ teaspoon salt

Melt 4 tablespoons butter into a saucepan. Remove from the fire and mix with flour. Add ⅔ cup of the boiling liquid, then the rest; the remainder of the butter in small pieces and the salt and pepper. Boil 5 minutes and serve hot.

HOLLANDAISE SAUCE

No. 1

½ cup butter
2 or 3 eggs (yolks)
1 tablespoon lemon juice
A few grains cayenne pepper
¼ teaspoon salt
½ cup boiling water

With a wooden or silver spoon, rub the butter to a cream, add the yolks, one at a time. Beat well, add the lemon juice, salt and pepper. About 5 minutes before serving add the boiling water, and stir rapidly. Cook over water or in double boiler until it thickens.

No. 2

1 teaspoon crushed white pepper
¼ cup water
2 tablespoons good vinegar
4 yolks of eggs
1 cup sweet butter
Salt and juice of half a lemon

Boil vinegar, pepper and water until reduced to half its volume. To sweeten butter, place in bowl, cover with cold water, and wash, using a spoon. Divide butter into 3 parts; put 1 part in

saucepan with yolks of eggs and lemon juice, place over boiling water, stir constantly with a wire whisk until butter is melted. Add second piece of butter and as it thickens, the third piece. Add the vinegar, pepper and water, cook 1 minute and add salt.

MOCK HOLLANDAISE SAUCE

2 yolks of eggs
1 tablespoon water
1 tablespoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper, paprika
1½ tablespoons butter
1 tablespoon flour
1 cup boiling water

Mix and stir well the first five ingredients, set aside in the top of double boiler. Melt butter, add flour and when it bubbles add the water, ⅔ cup at first, then the rest, cook until smooth, stirring constantly. Pour onto the egg mixture and cook until smooth and thick, stirring constantly to avoid curdling.

BEARNAISE SAUCE

2 small onions
2 tablespoons tarragon vinegar
4 yolks, raw
4 tablespoons butter
1 tablespoon soup stock
½ teaspoon salt
⅛ teaspoon paprika

Chop onion, add vinegar, bring to boiling point, let simmer until reduced one-half and strain and cool. Add yolks one at a time and stir. Cook slowly until smooth, stirring constantly; add butter gradually and keep on stirring, add soup stock and seasoning. Serve hot with broiled meat or fish.

PARSLEY BUTTER

1 tablespoon butter
1 teaspoon minced parsley
1 teaspoon lemon juice
¼ teaspoon salt

Rub butter to a cream, add salt, a few grains pepper, parsley and lemon juice. Spread over hot broiled fish or steak.

SARDELLEN SAUCE

4 to 6 Sardellen
2 tablespoons butter
2 tablespoons flour
1 cup of fish or meat stock
Juice of ½ lemon
Salt
Pepper
Yolks of 2 eggs
½ cup white grape juice

Soak the Sardellen in cold water ½ hour, chop fine and rub through a sieve. Melt butter, add flour, then the fish or meat stock, hot, stir until smooth, add the lemon and strained Sardellen, cook slowly for 10 minutes, season with salt and pepper to taste and stir in very gradually the yolks beaten with a little cold water; remove from the stove. Serve with fish or meat.

LEMON SAUCE FOR BOILED FISH

3 yolks of eggs
1 whole egg
2 lemons, juice
½ cup fish soup
¼ cup almonds, blanched
Sugar to taste

Cut almonds lengthwise. Beat all together well, cook until thick, over boiling water, stirring constantly. Serve at once.

SAUCE FOR BOILED TONGUE OR FISH

2 whole eggs, and
1 yolk
1 tablespoon mustard
2 tablespoons vinegar
¼ cup olive oil
¼ teaspoon salt, pepper, paprika to taste
Cream to thin

Mix dry ingredients, add and mix thoroughly with the eggs, very well beaten and the rest of the ingredients and cook until thick over boiling water, stirring constantly. Add cream to thin.

MAITRE D'HOTEL SAUCE

¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon finely chopped parsley
¾ tablespoon lemon juice

Put butter in bowl, and with small wooden spoon or spatula work until creamy. Add salt, pepper and parsley, then lemon juice, very slowly. Spread over hot broiled fish or steak.

MINT SAUCE

¼ cup chopped mint leaves
½ cup cider vinegar
1 tablespoon powdered sugar or ½ cup strained honey

Add sugar to vinegar; when dissolved pour over mint and let stand thirty minutes over slow fire to infuse. If vinegar is strong, dilute with water. Serve hot over hot lamb.

Or boil sugar and vinegar, throw in the mint leaves and let boil up once. Set aside and serve cold with lamb.

Or a few drops of mint extract may be added to vinegar and sugar without boiling.

TARTAR SAUCE

1 cup Mayonnaise dressing
1 tablespoon chopped capers
1 tablespoon tarragon vinegar
1 tablespoon chopped olives
1 tablespoon cucumber pickles

Make any desired Mayonnaise, page 281, and add to it the rest of the ingredients. Serve cold with fish or cold meat dishes. Add minced chives or onions if desired.

LOBSTER OR SHRIMP SAUCE

Add ⅓ cup lobster or shrimp meat cut in small dice to Hollandaise Sauce, page 125.

SAUCE FOR SEA FOOD

White sauce with cream
½ clove garlic
½ cup catsup
3 tablespoons Worchestershire sauce

Rub inside of saucepan well with garlic. In same pan make White Sauce, page 120, using cream in place of milk. When smooth, add rest of the ingredients—serve hot over Lobster, Shrimp, Crab or Oysters, alone or in combination.

No. 1 NEWBURG SAUCE

2 tablespoons butter
1 teaspoon salt
½ teaspoon paprika
3 egg yolks
1 cup cream
¼ cup Sherry or Madiera wine

Melt the butter, add the wine, or use wine substitutes with water added, and cook for two minutes. Add the cream, pour a few spoonfuls over the well beaten yolks. Mix thoroughly. Then stir eggs into the rest of the sauce. Let cook until thickened, stirring constantly. Serve at once.

No. 2 NEWBURG SAUCE FOR FISH OR LOBSTER

4 or 5 egg yolks
3 tablespoons Sherry or Sherry substitute
1 cup milk
1 cup cream
Salt and pepper to taste

Beat the yolks until very light, add the rest of the ingredients and cook over boiling water, until thick and smooth, stirring constantly.

LOBSTER BUTTER

Put Lobster Coral in mortar, pound with ¼ lb. of butter, then strain through a very fine sieve. Season with salt and pepper. Add 1 tablespoon to Lobster or Shrimp Sauce for color.

CUCUMBER SAUCE

½ cup double cream
¼ teaspoon salt
A few grains pepper
3 tablespoons vinegar or lemon juice
1 fresh cucumber

Beat the cream until stiff, add the salt and pepper and gradually the vinegar or lemon juice.

When ready to serve, fold in the cucumber, pared, chilled, chopped coarse and drained.

CHEESE SAUCE

Add 3 tablespoons of grated cheese, to 1 cup hot White Sauce, page 120, or Cream Sauce, page 121.

MUSTARD SAUCE

Melt 3 tablespoons butter, stir in 1 tablespoon prepared mustard and 1 teaspoon of boiling water. Serve hot over fish.

Prepared Mustard—Mix ¼ cup vinegar with ¼ cup dry mustard, add 1 tablespoon sugar, ¼ teaspoon salt and 2 tablespoons salad oil. Bottle.

HORSERADISH SAUCE

For Tongue, Ham, Vegetable or Meat Salads

Cold—

No. 1—Prepared Horseradish—Wash 1 pound horseradish root, cut or scrape off thick peel; grate. Mix well with white vinegar to cover. Add 3 tablespoons of sugar and bottle.

No. 2—Soak 1-inch slice of wheat bread, crust removed, in water or milk. Squeeze dry, add an equal quantity of grated horseradish. Mix until smooth, add vinegar and sugar to taste.

No. 3—Add three grated sour apples, and, if desired, a few chopped almonds, to Horseradish No. 1, above.

No. 4—Mix ¼ cup prepared horseradish with 1 cup of Mayonnaise, page 281.

No. 5

¼ cup heavy cream — 1 tablespoon sugar
Salt and white pepper — 1 tablespoon vinegar
3 tablespoons grated horseradish root

Whip cream stiff, gradually beat in rest of ingredients. If prepared horseradish is used; drain, season to taste.

No. 6

1 cup of heavy cream — 1 teaspoon prepared mustard
¾ cup horseradish, grated — 1 tablespoon lemon juice

Whip cream very stiff, beat in rest of the ingredients.

Frozen—

Prepare recipe No. 6, above; add, if desired, a tablespoon chopped and blanched pistachio nuts, 2 tablespoons of chili sauce. Pack in four parts ice to one of salt for 1½ hours, or in freezing compartment of iceless refrigerator until firm.

Hot—

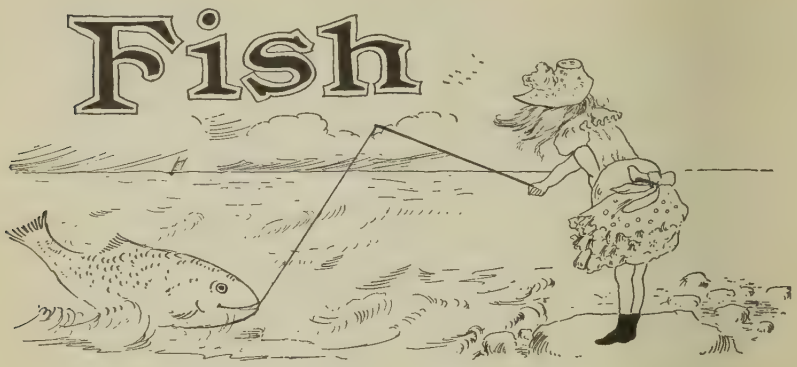
No. 1—Make Brown Sauce, page 121, add 3 tablespoons of prepared horseradish, above.

No. 2—Brown ¼ onion, chopped in the fat of Brown Sauce, page 121, remove onion, proceed with Brown Sauce, adding 3 tablespoons prepared horseradish.

No. 3—Make White Sauce, page 120, remove from fire, add 3 tablespoons prepared horseradish.

No. 4—Make Hollandaise Sauce, pages 125-126. Add ¼ cup prepared horseradish.

CHAPTER XII



GENERAL RULES

Fish must be perfectly fresh and should be kept in a cool place until cooked. Cover with damp cloth, place on platter, then wrap in paper and put on ice. The flesh should be firm and the eyes bright, the gills, bright red.

Fish is less stimulating and nourishing than the meat of other animals, but is easier to digest.

To Scale Fish—Use fish scaler, ordinary grater or knife. Begin at the tail end and go toward head, slanting knife, if used, toward you to prevent scales from flying. Rinse and cleanse thoroughly in cold water. Sprinkle fish with salt and pepper, to preserve it and improve the flavor.

If fish is slimy, pour boiling water over it and drain immediately; then scale.

Scale the fish on a large, smooth piece of paper, remove gills, cut through the skin of the abdomen, take out entrails. Wrap waste in the paper and burn or remove to garbage can. Wash fish, knife and hands in strong salt water to remove odor.

Fillet of Fish is a piece of fish freed from skin and bone.

TO SKIN A FISH

To skin a fish, lay flat on board and with a small, sharp knife, close to the fins on both sides of the back, cut the skin the entire length. Pull out the fins, and, if desired, cut off head. Loosen flesh close to skin on one side and strip off toward the tail. Turn and skin the other side. Cut open and remove entrails.

To Remove Fish Skin, Whole—Bend head backward and, beginning at the base of the head, separate flesh from skin with small sharp knife, close to the skin, working toward the tail. With care, the head and skin may be removed in one piece, and when used in Filled Fish, page 139, will retain its original shape.

TO BONE A FISH

No. 1

Clean the fish thoroughly. Cut open and remove entrails. Beginning at the neck, on the inner side of fish, cut with a sharp knife, the bones on one side, close to the backbone, down to the tail so the fish will lay flat on the board.

Scrape flesh from bone, with back of knife, removing in one piece the backbone and bones attached to one side. Remove bones from other side with knife and pick out remaining small bones. Take care not to break the outer skin.

No. 2

Scale and clean fish thoroughly. With sharp knife cut skin through abdomen, remove entrails; cut close to fins on both sides of back, pull out fins. Beginning at the back, separate flesh from bone with back of knife. Remove in one piece, the backbone and bones attached to both sides. Pick out remaining bones carefully. Do not break the skin.

HOW TO TREAT FROZEN FISH

Frozen fish may be thawed out by placing the fish on ice over night, or by laying it in cold water for several hours. After thawing, it should be thoroughly dried with a cloth and immediately cooked.

FISH IN SEASON

All Year Round

Bluefish	Halibut	Trout
Butterfish	Mackerel, fresh	Whitefish
Cod	Redsnapper	Lobster
Haddock	Salmon	

June 1 to December 1

Black Bass	Catfish	Pickerel
Brook Trout	Perch	Wall Eyed Pike
Bullheads		

Shad—May 1 to June 10.
Smelts—November 10 to April 1.
Oysters and Scallops—September 1 to May 1.
Soft Shell Crabs—May 1 to September 1.
Crawfish—June 10 to cold weather.

FISH SUITABLE FOR BOILING

Cod
Carp
Herring, fresh
Halibut
Haddock
Mackerel, fresh
Mackerel, salt
Muskellunge
Pickerel
Pike
Redsnapper
Salmon
Sheephead
Shad
Sturgeon
Sea Bass
Tile
Trout
Weakfish
Whitefish

Recipe for Boiled Fish, page 138.

SAUCES FOR BOILED FISH

Brown Sauce, page 121.
Cream Sauce, page 121.
Egg Sauce, page 122.
Gingersnap Sauce, page 124.
Hollandaise Sauce, page 125.
Lemon Sauce, page 127.
Parsley Sauce, page 127.
Sharfe Sauce, page 139.
Sweet and Sour Sauce, page 124.
Tomato Sauce No. 2, page 123.

FISH SUITABLE FOR BROILING

Bluefish, fillet
Black Bass, fillet
Bloater
Carp
Cisco
Cod steak
Flounders, fillet
Fresh Mackerel
Halibut Steaks
Pompano, fillet
Salmon steaks
Shad, whole or fillet
Shad Roe
Sturgeon steaks
Smelts
Sea Bass steaks
Trout, steaks or fillet
Whitefish, fillet or steaks

See recipe for Broiled Fish, page 134.

FISH SUITABLE FOR FRYING

Black Bass, sliced or filet
Brook Trout
Bullhead
Butter Fish
Carp
Catfish
Cisco
Cod steaks
Flounders, fillet
Halibut
Herring
Pike steak or fillet
Perch
Pickerel, steaks or fillet
Pompano, fillet
Salmon steaks
Shad Roe
Smelts
Trout steaks
Whitefish, steaks or fillet
Haddock fillet

See recipe for Fried Fish, page 137.

SAUCES FOR FRIED FISH

Tartar Sauce, page 128.
Hollandaise Sauce, No. 2, page 125.
Without any sauce.

FISH SUITABLE FOR BAKING

Black Bass	Mackerel, fresh	Shad
Bluefish	Mullet	Sheephead
Carp	Muskellunge	Sturgeon
Cod	Pickerel	Sea Bass
Flounder	Pike	Trout
Haddock	Redsnapper	Whitefish
Halibut	Salmon, fresh	Weakfish

Recipe for Baked Fish, page 135.
Recipe for Stuffing, page 136.

FISH SUITABLE FOR PLANKING

Shad	Whitefish
Trout	Bluefish

Recipe for Planked Fish, page 137.

PICKLED FISH

1 pint vinegar	18 allspice
1 pint water	5 bay leaves, broken up
Salt to taste	4 slices lemon
20 pepper corns	5 sliced onions

Boil vinegar and water ½ hour with salt, pepper, allspice, bay leaves and 4 slices of onion. Add lemon slices, cook 5 minutes, then remove them. Simmer the fish in this liquor until you can pull out a fin. Cook only a few small fish or slices of fish at one time. Pack fish as cooked into a stone crock with one or more raw sliced onions between layers. Pour over the hot liquid with seasonings. Cover and keep in a cool place. In a few days the liquid will form a jelly around the fish. This liquid is enough for ½ gallon of fish. Will keep several weeks.

TO BAKE FISH WHEN CAMPING

Gather twigs and any available wood and build a hot campfire. Cover fish well with heavy wrapping paper. Place on the hot embers and let bake ½ hour, more or less, depending on size of fish. Rake out the fish, take off the paper, season with salt and pepper. Scales and skin will stick to the paper.

HOW TO CURE AND SMOKE FISH

Scale, slit fish up the back, clean. Wipe with damp cloth, (do not wash). To 20 lbs. of fish, take 2 cups salt, 2 cups sugar, 1 oz. saltpetre. Mix and rub well all over fish. Lay in stone crock one over other with board on top pressed down with heavy weight. Let stand 5 days, then drain, wipe dry, stretch open and fasten with small sticks. Let stand in smokehouse 5 days or in a barrel over a smothered wood fire.

BROILED FISH

Clean and bone fish, sprinkle with salt and pepper, if fish is dry spread with a little butter. Place on rack in well greased, wire broiler as near the flame as possible. Broil flesh side first, lower flame as soon as crisp and delicately browned and cook until flesh is white and firm. Turn on skin side and broil until brown and crisp.

Loosen fish from both sides of broiler, remove to hot platter, flesh side up, spread with Parsley Butter, page 127, and garnish with parsely and lemon slices.

BROILED SHAD

Split a 3-pound shad. Place on a platter with 1 tablespoon olive oil and a little salt and pepper. Let stand 1 hour, turning occasionally. Put in well greased wire broiler, flesh side up, let brown slightly on both sides, and cook slowly, 10 to 15 minutes, turning often. Take off bone, spread with butter, add salt and pepper, reheat and remove to platter to serve.

HALIBUT STEAK, BROILED

Lay 1-inch steaks in salt and water ½ hour, then marinate them in a bath of salad oil and lemon juice for another half hour. Wipe dry and broil about 15 minutes, or until flesh is white and firm, turning twice carefully. Lay upon a hot dish, spead with Parsley Butter, page 127. Set in the oven for a minute and serve.

BROILED SARDINES

Twelve large sardines broiled under the gas flame for a few minutes, (in a broiler). Serve on toast, 2 sardines for each person. Decorate with parsley and a slice of lemon.

TILE FISH

Tile fish is bought either in steaks for broiling or one large piece for boiling. For boiling cover fish with water, add one tablespoon vinegar, one small onion sliced, two tablespoons chopped parsley,

two bay leaves, pepper and salt. Cook until tender, drain and pour over a little lemon juice, hot butter and chopped parsley.

Broiled Tile Fish is served with hot butter and parsley.

BAKED HALIBUT STEAK

Place in bread pan, strips of salt pork, 2 bay leaves, ½ teaspoon whole pepper and allspice and 2 or 3 cloves. Pour the juice of 2 lemons over the fish and let stand 2 hours. Add salt, pepper, place in pan, add 2 tablespoons melted butter, bake 20 minutes in hot oven. Serve with Tomato Sauce, page 123.

BAKED FISH

Clean and wash fish. Sprinkle all over with salt, and with pepper, if desired. Stuff (page 136) and sew it together. If fish is not oily rub it with melted butter. Dredge with flour. Place on a greased tin sheet and put it into a pan. Place pan in hot oven and bake fish until flesh separates easily from the bone—allowing 12 to 15 minutes for each pound of fish. Baste every 10 minutes. When done serve with parsley and lemon slices.

STUFFING FOR FISH

1½ cups bread crumbs
1 teaspoon salt
¼ cup melted butter
1 teaspoon chopped onion
1 teaspoon chopped parsley
1 egg

For moist stuffing use stale bread crumbs (not dried), moisten with one beaten egg and butter, season and mix well.

BAKED BLACK BASS

2 lbs. bass
Salt and pepper
¼ cup butter
2 tablespoons flour
½ cup strained tomato, or
1 fresh tomato, sliced

Clean and wash fish. Sprinkle with salt inside and out and let stand several hours. Stuff and sew. Tie or skewer into the shape of the letter "S." Put in a pan across which you have placed strips of cloth by which to lift out when cooked. Rub it over with soft butter, and a little pepper. Dredge with flour. Put in a hot oven without water in the pan. Baste with hot water when brown; add a tomato. When done, remove carefully and place in a hot platter. Draw out the strings and skewers, wipe off the water or fat that runs from the fish, serve with drawn butter

flavored with lemon or with Hollandaise Sauce, page 125, in a gravy boat. Garnish with parsley or cress.

Haddock, Bluefish, and Shad are good, baked.

BAKED TROUT

3½ lbs. trout
1 can tomatoes
1 onion, cut fine
1 piece celery root
1 tablespoon flour
1 yolk of egg
Cream
Worcestershire sauce
1 tablespoon butter

Wet the flour with a little of the cold tomato. Salt fish and let stand several hours. Place fish in dripping pan with tomatoes, onion, celery and butter and bake ½ hour. Strain the sauce and just before sending to the table, thicken with the egg yolk and add the cream and Worcestshire sauce.

SWEET AND SOUR SALMON

1 lb. can Salmon
3 medium onions, sliced
1 cup onion liquid
2 tablespoons flour
½ cup vinegar
3 tablespoons sugar
1 teaspoon salt
2 egg yolks, beaten

Place Salmon on serving platter, remove skin and bone. Set aside liquid. Cook onion slices in boiling water to cover, until tender. Drain. Set aside 1 cup of this liquid. Mix salt, sugar and flour, add vinegar, onions and salmon liquid. Cook a few minutes. Pour very gradually onto egg yolks, stirring constantly. Reheat without boiling until smooth. Pour while hot over salmon and onion slices and serve hot or cold. Enough for 8 people.

BAKED FISH WITH SARDELLEN

Take a trout, split it as for broiling and remove center bone. Place on a buttered platter, skin side down, cover with ½ cup butter, 1 cup thick sour cream, ¼ lb. sardellen which have been soaked in water, boned, and chopped fine, cayenne pepper, a little cracker dust; and add 1 cup stale grated American cheese. Bake in a hot oven one-half hour. Serve on same platter.

HALIBUT IN TOMATO SAUCE (Baked)

1½ lb. Halibut
1 cup White Sauce
1 can tomatoes, strained
½ cup cracker crumbs
2 tablespoons butter, melted
½ cup grated cheese

Boil the fish as on page 139, and pick in small chunks. Follow recipe for White Sauce, page 120, add the strained tomato and cook until smooth. Place fish in buttered ramikins, in a pan of hot water or in a pudding dish, cover with the sauce, add salt, pepper and cracker crumbs mixed with the butter, and sprinkle cheese over the top. Bake 20 minutes until brown.

BAKED SHAD

Clean and split a 3-pound shad. Place in a buttered dripping pan. Sprinkle with salt and pepper, brush over with melted butter and bake in a hot oven 30 minutes.

SHAD ROE

Cook shad roe 15 minutes in boiling salted water to cover, with ½ tablespoon vinegar. Drain and cover with cold water and let stand 5 minutes. Remove from cold water, place on buttered pan with ¾ cup Tomato Sauce, page 123, or Fricassee Sauce, page 125. Bake 20 minutes in hot oven, basting every 5 minutes. Place on platter, pour around more sauce.

Or, clean roe, season with salt and pepper, dip in egg, then in crumbs, fry golden brown in deep hot fat.

FILLET DE SOLE (Baked)

Two pounds flounder, boned and skinned and boiled in water, with salt, cayenne, onion, celery and carrot. Boil only a few minutes, drain, place in two long pieces on a well buttered platter with a space between. In this space put oysters or clams, some mushrooms, tomatoes, strained, and plenty of butter and a little cracker dust. Bake twenty minutes in moderate oven.

PLANKED FISH

Bone fish (page 131). Broil 5 minutes, page 134. Remove to a heated, buttered plank (hickory, oak or ash). Place skin side down. Sprinkle with salt and paprika, brush over with melted butter and put in hot oven. Cook until fish is well browned, then reduce the heat. Bake about 20 minutes, then arrange mashed potatoes, forced through pastry bag, around the edges; bake until potatoes are well browned and fish thoroughly cooked. Pour over melted butter and sprinkle with minced parsley. Place plank on platter and serve.

FRIED FISH

No. 1—Clean fish, sprinkle with salt and pepper, dip in flour or cornmeal, and cook in spider with enough hot fat to prevent its sticking to the pan. Shake the pan occasionally. Brown well on under side, then turn and brown on the other side.

No. 2—Clean fish, wipe dry as possible, salt and pepper, dip in flour, crumbs, or cornmeal, then in egg and again in crumbs. Let stand a few moments. Fry golden brown in deep, hot fat.

FRIED SMELTS

Clean smelts, leave on heads and tails. Sprinkle with salt and pepper, roll in flour and fry in butter until tender and brown.

Or season with salt and pepper, roll in flour, dip in beaten egg, then in bread or cracker crumbs and fry 3 or 4 minutes in deep hot fat, being careful to reduce the heat when browned, that the fish may cook through. Garnish with Parsley Butter, page 127.

FISH CAKED (Fried)

1 cup cold boiled fish, shredded
1 cup cold mashed potatoes
Celery salt
1 egg, beaten

Mix fish and potatoes, season with salt and pepper, add beaten egg, shape into small cakes, cook in spider with 2 tablespoons hot butter until nicely browned.

LINCOLN HOUSE FISH BALLS

2 lbs. trout
1 lb. each pike and pickerel
2 eggs, beaten
½-inch slice bread
½ lb. carrots (bunch)
½ lb. onion (2 medium)
1 stalk celery
1 cup water
1 teaspoon salt
Pepper to taste

Scale fish and salt over night or for several hours. Wash, remove head, skin, scrape off meat. Wrap head and bones in skin, place in kettle with all but 1 carrot, ½ onion and heart of celery. Cover with water, add salt and pepper, let boil slowly. Soak bread, press dry. Put fish, vegetables set aside, and bread, through grinder, then into chopping bowl and gradually, while chopping, add the water. Dip hands in cold water, shape mixture into balls, drop into the boiling fish broth. Cover kettle, cook 2 hours slowly; uncover, cook ½ hour longer. When cool, remove balls carefully. Strain liquid and pour over fish. Or using the strained fish broth, make Ginger Snap Sauce, page 124; Lemon Sauce, page 140; or Mayonnaise, page 141, and pour over the fish.

FILLED FISH

3 lbs. fish
2 onions
¼ celery root
1 egg
Salt and pepper
Slice of bread
Or ¼ cup matzo meal, or crackers
1 cup cold water

Clean fish thoroughly. Remove skin without breaking, beginning at the neck, scrape the flesh from skin and bones, thus removing backbone with all the small bones attached. Put one large onion and the celery through meat grinder or chop and place in fish kettle. Put small onion through meat grinder, then flesh of fish, and grind again. Add bread or crackers, or matzos meal, soaked

in cold water and squeezed dry, add salt and pepper, egg and the cold water. Stir all together until smooth. Wash fish skin and fill with the mixture. Salt and pepper the outside of fish and place in fish kettle, cover with boiling water and let cook 1 hour or longer until well done, rapidly at first, then slowly. Lift fish carefully with pancake turner. Add ½ cup cold water if necessary, so it will not stick to pan or burn. Cook until water has evaporated, if desired.

BOILED FISH

3 lbs. fish, cut in slices and sprinkled with salt
1 qt. water
2 tablespoons vinegar
¼ teaspoon whole pepper
1 tablespoon onion, cut fine
1 tablespoon celery, cut fine
1 tablespoon carrot, cut fine

Clean fish and let stand in salt several hours. Let water, vinegar, pepper and vegetables boil until the water is well flavored. Add the fish, a few slices at a time, and let simmer until the flesh is firm and leaves the bones. Remove bones. Place on platter. Strain and reserve the fish stock, if wanted.

"SCHARFE FISH"

3-lb. pike, or other fish
1 tablespoon butter
1 tablespoon flour
1 cup hot fish stock
1 egg (yolk)

Clean and salt the fish and cook, following recipe for Boiled Fish, page 138. Reserve 1 cup of the fish stock.

Melt the butter, add the flour and the hot fish stock. Take from fire and pour very gradually on the beaten yolk. Pour while hot over the boiled fish. Garnish with parsley.

SALMON TROUT, BOILED

3½ lbs. salmon trout
¼ of a cabbage, cut fine
1 carrot, cut fine
1 onion, cut fine
1 celery root, cut fine
2 potatoes
½ can tomatoes
5 bay leaves
1 qt. boiling water
2 or 3 yolks of eggs
½ cup cream
¼ teaspoon peppercorns

Salt the fish and let stand several hours. Cook the vegetables in boiling water, add the peppercorns and boil until the water is well flavored, about 1 hour; add fish and boil until the flesh separates from the bones. Place fish on platter. Strain the fish liquid. Beat yolk well, add cream. Pour the egg mixture, gradually, into the hot fish liquid, stirring constantly.

Then pour over the fish; set in the oven with oven door open, to keep hot and serve garnished with parsley. It will curdle if left too long in stove or if stove is too hot.

BOILED FISH WITH LEMON SAUCE

3 lbs. pike or salmon trout
1 lemon, juice and rind
2 egg yolks
¼ cup sugar
Salt to taste
1 cup hot fish stock
1 teaspoon chopped parsley

Follow recipe for Boiled Fish, page 139. Skin, bone and arrange on platter. Mix sugar, grated rind and lemon juice with well beaten yolks and gradually pour on the strained fish stock. Cook over boiling water until thick, stirring constantly. Add salt and parsley and pour over the fish. Serve cold. If a thicker sauce is desired, mix one tablespoon cornstarch with two tablespoons cold water; cook with strained fish stock.

SWEET AND SOUR FISH

3½ lbs. pike, trout or other fish
4 gingersnaps
½ cup brown sugar
¼ cup vinegar
1 cup hot fish liquid
¼ cup seeded raisins
½ teaspoon onion juice
1 lemon, sliced and seeded

Clean, slice and salt fish and let stand over night or several hours. Cook, following recipe for Boiled Fish, page 139. Drain and bone, reserving 1 cup of the fish liquid. Mix the rest of the ingredients and cook until smooth and thick. Pour while hot over fish. It must taste strong of vinegar and sugar, and more of either may be added to taste. Serve cold.

FISH SALAD FOR 12 PEOPLE

2 lbs. halibut
1 pint Mayonnaise
4 hard boiled eggs
1 cup chow-chow

Boil, page 139, cool and shred fish. Mix with the Boiled Mayonnaise No. 1, page 279, add boiled eggs, chopped—and the pickles. Serve ice cold in head lettuce leaves.

HADDOCK

Prepare Haddock as Boiled Fish, page 139, and serve with Mustard Sauce, page 129, Sharfe Fish, page 139, Broiled Fish, page 134, or Baked Fish, page 135.

FISH A LA MACEDOINE

2 lbs. fresh salmon or halibut
French Dressing
1 can Macedoine (fine mixed vegetables)

Boil fish, page 139, surround with Macedoine, and while still hot add a French Salad Dressing, page 276. Serve cold.

TROUT WITH MAYONNAISE

3 lbs. salmon, trout or pike
2 cups water or fish liquid
2 tablespoons chopped almonds (blanched)
2 lemons (juice)
2 tablespoons seeded raisins
4 yolks of eggs
2 tablespoons sugar
1 tablespoon flour or cornstarch
1 teaspoon salt
¼ cup Mayonnaise

Clean, salt and slice fish and cook, following recipe for Boiled Fish, page 139, skin and bone.

Boil water, lemon juice, chopped almonds and raisins until almonds are soft; add gradually the sugar and cornstarch, wet in a little cold water and boil; add very gradually to the well beaten yolks of four eggs, stirred with 1 tablespoon cold water. Take from stove and when cold, add Boiled Mayonnaise Dressing No. 1, page 279, to taste. Serve cold garnished with capers, olives or chopped pickles and hard cooked eggs.

FISH WITH HORSERADISH SAUCE

3 lbs. fresh salmon
Salt
1 tablespoon parsley
1 pt. cream, beaten stiff
½ lb. horseradish root
¼ cup melted butter

Clean fish, bone, salt and let stand several hours. Place in fish kettle with boiling salt water (1 teaspoon salt to 1 qt. water), and let boil ½ hour or until well cooked. Lift out carefully, place on hot platter and pour over the melted butter and sprinkle well with the parsley. Serve in a separate bowl the following sauce, a large spoonful with each portion of fish: Peel horseradish root, grate and mix well with the pint of cream beaten stiff. The fish must be hot and the sauce cold.

REDSNAPPER WITH TOMATO SAUCE

3 lbs. Redsnapper
Salt and pepper to taste
2 tablespoons butter
1 cup strained tomato
2 onions, sliced
1 carrot, diced
Celery and parsley root diced
1 cup sweet cream
1 tablespoon flour

Clean and bone fish; salt and pepper, and let stand several hours. Place onions, carrot, celery and parsley in kettle with 1 quart cold water. Let boil, then add fish, whole or in slices, and the butter and tomatoes. Let cook slowly until flesh is firm or separates easily from bone. Lay carefully on platter. Strain liquid, let heat, add flour dissolved in the cream, let cook until smooth. Or, omit cream and thicken sauce by stirring liquid gradually onto the yolks of 2 or 3 eggs well beaten. Garnish with chopped parsley. Pour over fish and serve hot.

HALIBUT AND SHRIMP A LA NEWBURG

Part 1

1½ lbs. halibut
2 slices onion
3 whites of eggs, beaten stiff
½ teaspoon paprika

Part 2

1½ lb. shrimp
1 cup White Sauce
¼ cup sherry wine or
2 tablespoons sherry jelly,
3 yolks, beaten

Cook fish in salted, boiling water with onion until tender, (1 teaspoon salt to 1 quart boiling water). Drain and shred. To 1 cup of the hot White Sauce, page 120, add the stiffly beaten whites and then the shredded fish. Place in center of hot platter and set in oven with oven door open. Take the boiled shrimp, remove the shell and break in small pieces. Add the wine or jelly to remaining cup of white sauce and pour it while hot, gradually on the beaten yolks, mixed with a little cold water. Add the shrimp, heat well, place as border around the halibut and serve at once.

HALIBUT WITH LOBSTER A LA NEWBURG

Take 1½ pounds raw halibut, bone, chop fine, add salt, cayenne, the beaten whites of five eggs, one cup of cream, whipped. Pack into a mould and boil thirty minutes. Serve in the center of a platter. Surround with Lobster a la Newburg, page 153.

HALIBUT RING

2 lbs. halibut
3 tablespoons butter
2 tablespoons flour
½ cup cream or milk
1 teaspoon salt
4 eggs, separated
1 pint cream, whipped
1 lb. fresh shrimp
Hollandaise Sauce
1 tablespoon chopped pimento

Boil halibut, following recipe for Boiled Fish, page 139. Remove skin, bone and grind very fine. Heat butter, add flour when it bubbles, add ½ cup cream, stir until smooth, add salt and stir gradually into the well beaten yolks. Stir in the minced fish and when cool, add stiffly beaten whites of eggs and lastly fold in the whipped cream. Put in a well greased ring mould, dotted with bits of pimento, and place in a moderate oven in a pan of boiling water and bake about ½ hour or until well set. Remove to serving platter and in center place hot Boiled Shrimp, page 154. Remove shell of shrimp when cool, cut into dice, reheat and cover with hot Hollandaise Sauce, page 125.

CREAMED SALMON

Remove skin and bone from canned salmon, shred and add 1 teaspoon lemon juice to White Sauce, page 120. Serve hot.

SALMON PUDDING

1 small can steak salmon
1 tablespoon butter
1 cup bread crumbs
1 cup hot milk
Salt and pepper
2 eggs

Remove skin and bones from salmon, and rub fish fine with potato masher. Melt butter in milk and add bread crumbs and seasonings. Combine with the fish. Lastly, add the well beaten eggs. Put into a buttered deep baking dish and steam one hour.

Turn out onto platter and pour over White Sauce, page 120, using the liquid from the salmon with the milk in making the sauce.

TUNA FISH LOAF OR RING

Follow recipe for Salmon Pudding, above, using canned Tuna fish in place of the salmon. Add ½ teaspoon each of chopped parsley and green pepper and a teaspoon lemon juice. Bake in moderate oven ½ hour. Serve hot or cold.

FILLET OF HADDOCK

Haddock fillets are shipped in air-tight waxed paper. Cut the fish in portions ready for serving. Do not soak in water if frozen, as this draws out the fine flavor, and do not overcook.

Pour 1 pint of hot milk or water over fish, let simmer six minutes. Serve with melted butter and lemon juice or with any well flavored Fish Sauce, page 120.

Broil or fry as other fish, 4 minutes on each side is sufficient. For variety, dip in French Dressing, page 276, before broiling, frying or baking.

FISH A LA TARTARE

3½ lbs. fish, pike or trout
4 hard cooked yolks of eggs
4 hard cooked whites of eggs chopped
1 teaspoon mustard
1 tablespoon salad oil
¼ cup Mayonnaise dressing
1 tablespoon catsup
1 tablespoon powdered sugar
1 tablespoon vinegar
1 teaspoon chopped parsley
1 cup strained fish liquid
Salt and pepper to taste
1 tablespoon capers
1 tablespoon pickles, chopped
1 tablespoon onion, chopped

Boil, page 139, and bone the fish, leaving it whole or cut in portions for serving. Rub the yolks smooth with the mustard and the oil, add the rest of the ingredients, the chopped ingredients last. Season to taste.

FISH GLACE

1 to 2 lbs halibut or red-snapper
1 tablespoon gelatine
¼ cup cold water
1 cup boiling water (scant)
1 lemon, juice
¼ cup white wine substitute
1 tablespoon each of pimolas and pickles in thin slices
1 tablespoon capers
1 cup Mayonnaise or Cream dressing
Lettuce leaves
French dressing
1 carrot and pickled beet cut in fancy shapes with small cutters.

Boil Fish, page 139, when tender remove from liquid; bone and shred.

Soak gelatine in cold water a few minutes with 1 tablespoon lemon juice, then add the boiling water and wine substitute, and stir until dissolved. Cool and when mixture begins to thicken, rinse fish mould or any other mould in very cold water, add a few tablespoons of the gelatine mixture, put in a layer of the shredded fish, a sprinkling of the mixed vegetables and spread over this a thin layer of Cream Salad Dressing, page 280, or Oil Mayonnaise No. 1, page 281. Add a few spoonfuls of the gelatine mixture to cover, that the designs may not be disturbed.

Add another layer of fish, cut vegetables, Mayonnaise and jelly mixture and continue in the same manner until mould is nearly filled and leaving the jelly mixture on top. Set aside over night or several hours to harden. Invert and turn out on serving dish. If fish mould is used, place caper in eye cavity and make a border of shredded lettuce mixed lightly with the dressing.

SALMON MOUSSE

1 one-pound can salmon
½ tablespoon salt
1½ tablespoons sugar
1 teaspoon mustard
1½ tablespoons melted butter
¾ cup scalded milk
2 yolks of eggs, beaten
¼ cup hot vinegar
¾ tablespoon gelatine
2 tablespoons cold water

Rinse the salmon with hot water, and drain thoroughly. Remove skin and bone, pick the flesh fine, set aside. Mix dry ingredients well with milk in double boiler, and stir and cook 5 minutes. Add the melted butter, the yolks, beaten, with a tablespoon of cold water, and the hot vinegar. Stir and cook a moment. Then add gelatine, softened in two tablespoons of cold water 2 minutes. Stir until dissolved, add the salmon, and turn into small moulds or in ring mould to harden. Serve with Cucumber Sauce, page 128.

MOULDED FISH WITH CUCUMBER SAUCE

2 tablespoons gelatine
1½ lbs. cold boiled halibut
¾ cup Mayonnaise, page 279
½ cup cold fish stock or water
1½ cup boiling fish stock
1 pint cream, whipped
1 large fresh cucumber
French dressing

Follow recipe for Boiled Fish, page 139. Bone and cut or break into ½ inch cubes. Soak gelatine in the cold fish stock or water, add the boiling hot fish stock, water or milk, and stir until dissolved. Let cool. When mixture begins to thicken add the Mayonnaise. Beat, using an egg beater, until frothy, then fold in the cream, beaten stiff, and lastly stir in lightly the halibut. Turn into fish or ring mould and set aside to harden. Serve cold, surrounded with shredded lettuce leaves and the cucumber, pared, chopped and drained and mixed with French Dressing, page 276, or with Cucumber Sauce, page 128.

BOILED SALT MACKEREL

Soak mackerel over night in cold water, with the skin side up, that the salt may be drawn out, or change the water often, to save time. Drain. Place mackerel in shallow kettle, cover with water and boil 10 to 15 minutes or until flesh separates from bone. Remove to platter and pour hot, melted butter or White Sauce over and serve with hot potatoes.

BROILED SALT MACKEREL

Freshen the fish by soaking it over night in cold water, with the skin uppermost. Drain and wipe dry, remove the head and tail, place upon a buttered broiler, and slowly broil, page 134, to a light brown. Place upon a hot dish, add pepper, bits of butter and sprinkle with chopped parsley and a little lemon juice.

POTTED HERRING

Take fresh herring, salt and pepper, a few cloves, pinch of mace, pinch of allspice, a few bay leaves, cider vinegar to cover.

Bone and roll the herring. Place half of the seasonings in the bottom of the pan, then the herring, add the rest of the seasoning sprinkled over fish. Add a little water and then add vinegar to cover. Bake in a slow oven. Serve cold.

SALT HERRING

Soak herring over night in cold water to draw out salt. Drain, rinse and serve with boiled potatoes.

Or, place in kettle, add salt, cover with cold water, let boil up and drain. Boil again in cold water without salt, drain. If too salty, let soak in cold water again and serve with Gingersnap Sauce, page 124.

PICKLED HERRING

1 doz. milch herring
4 large onions, sliced
2 lemons, sliced
2 tablespoons black peppers
2 tablespoons mustard seed
12 bay leaves
1 tablespoon sugar
3 cups vinegar

Soak herring in cold water over night, drain and remove entrails, reserving the milt. If desired, skin and bone them; cut off heads, run knife down center of back and remove skin working towards the tail. Separate meat in two parts, or fillets, scraping off backbone in one piece through opening at back, picking out side bones.

Place herring in crock in layers, with sliced onion, lemon, a few pieces of bay leaf, a sprinkling of mustard seed and peppers.

Mix and mash the milt with the sugar, add a little vinegar to thin, strain through sieve, add the rest of the vinegar. If vinegar is too strong dilute with water and pour over herring to cover. Cover jar and keep in a cool place. Will keep a long while. Serve with boiled potatoes in their jackets.

FILET OF HERRING

12 milter herring
¼ to ½ cup vinegar
1 tablespoon sugar
1 large onion, sliced
8 whole bay leaves
1 tablespoon pepper corns
½ pint cream
2 tart apples, diced

Soak herring over night. Clean, skin and bone. Cut in large pieces. Put milt in strainer, mash with sugar, and a few tablespoons vinegar into jar. Add herring, onion, bay leaves and pepper. Add sweet or sour cream and only enough more vinegar or lemon juice to make a heavy sauce to cover. Apples may be added before serving.

No. 1

HERRING ROLLS

Soak, wash and bone herring as in Pickled Herring, above. Separate in two parts, spread with chopped onion and pickles. Roll and fasten with string or tooth picks. Place in jar and cover with vinegar and spices as in Pickled Herring, above.

No. 2

Prepare as Herring Rolls No. 1, above. Place in small baking pan, pour over vinegar and the rest and bake in a slow oven about 20 minutes or until tender.

No. 3

6 herring
2 tablespoons bread crumbs
2 tablespoons butter
1 tablespoon chopped parsley
½ lemon, juice
Salt and pepper to taste

Soak, wash and bone herring and separate in two parts following directions in Pickled Herring, above. Mix the next 5 ingredients

to a smooth paste, adding hot water to soften. Spread on herring, roll up and fasten with string or tooth picks. Place in baking dish, cover with greased paper and bake in a moderate oven 10 to 15 minutes.

CODFISH BALLS

2½ cups potatoes
1 cup salt codfish
1 egg
⅛ teaspoon pepper
½ tablespoon butter

Wash in cold water and shred the fish. Remove bones; wash, pare and cut the potatoes in pieces, cook the fish and potatoes together in boiling water until the potatoes are soft. Drain very dry over fire, mash fine, add butter, seasoning and beaten egg. Beat well, shape on a spoon, and drop into deep hot fat. Fry until brown and drain on brown paper. If they break apart add a little more egg.

CREAMED COD FISH

Cut salt codfish in ¼-inch slices across the grain, and soak in lukewarm water over night, to draw out the salt and soften the fish. Drain. Let simmer in fresh water for 10 minutes. Pour over 1 cup Thin Hot White Sauce (page 120) stirred onto 1 beaten egg just before sending to the table. Garnish with hard boiled eggs.

CREOLE CODFISH

Wash, salt codfish in cold water, shred. Cover with lukewarm water and let stand until soft, drain. Into a buttered baking dish, place a layer of cold boiled potatoes, a layer of the shredded fish, ½ canned pimento, cut in strips, season with salt and pepper. Repeat, using 4 potatoes, 1 cup fish, 2 pimentoes. Pour over 1 cup Tomato Sauce, page 123, cover with buttered bread or cracker crumbs and bake until crumbs are brown.

BROILED SMOKED HERRING

Soak fish in cold water over night. Drain, add fresh water, boil 2 minutes, drain carefully and broil over hot fire until tender. Pour over 1 tablespoon melted butter and serve.

FINNAN HADDIE

No. 1—Soak fish in cold water several hours. Drain, place in dripping pan, cover with hot water and bake three-quarters of an hour. Drain, pour over 2 tablespoons hot butter and serve.

No. 2—Or, cover with cold water and milk, equal parts, and place where fish will heat slowly. Keep hot 25 minutes, drain, spread with butter and bake 25 minutes or serve with White Sauce, page 120.

No. 3—Or, cover fish with cold water, bring slowly to the boiling point, let stand where it will keep hot 25 minutes, drain and spearate the flakes. To one cup of fish, take one tablespoon butter, two or three hard cooked eggs, sliced thin, one-half cup rich cream and chopped parsley over all.

No. 4—Soak fish over night, drain, place in hot broiler, and broil about 20 to 30 minutes, depending on the thickness of fish. Serve with melted butter and chopped parsley.

SHELLFISH

OYSTERS

Oysters have about the same composition as milk, containing carbohydrate matter which most flesh foods lack. Their flavor and ease of digestibility are highly prized.

Take up each oyster separately in the fingers and remove all bits of shell and seaweed. Pour cold water over them to cleanse them, and drain them in a strainer.

Oyster liquid is seldom used, as enough comes from the oysters in cooking, but, if desired, it should be strained through clean cheese-cloth before using.

TO SERVE RAW OYSTERS OR CLAMS

Arrange oysters or small clams on finely chopped ice, on a plate, with a thick slice of lemon, cut lengthwise, in the center and a teaspoon of horseradish.

Or serve as a cocktail, page 311.

BROILED OYSTERS

1 pint selected oysters — ¼ cup melted butter
⅔ cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with fork by the tough muscles and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in a buttered wire broiler and broil over a clear fire until juices flow, turning while broiling. Serve with or without Maitre d'Hotel butter, page 127.

FRICASSEED OYSTERS

2 tablespoons butter — 1 teaspoon salt
⅛ teaspoon white pepper — Cayenne
1 pint or 38 oysters

Place all the ingredients, except the oysters, in a chafing dish or covered saucepan. When hot, add the oysters, cover and shake the pan occasionally. When the oysters are plump, drain them and place them where they will keep hot.

Add enough cream to the liquid to make 1 cup.

OYSTERS ON TOAST

Clean oysters and drain from their liquor. Put in a stew-pan and cook until oysters are plump and edges begin to curl. Shake the pan or stir oysters with a fork as they cook, to prevent sticking. Season with salt, pepper and a few tablespoons butter, and pour on small slices buttered toast. Garnish with parsley and toast points.

FRIED OYSTERS

24 large oysters
1 teaspoon salt
½ cup bread crumbs
1 egg
⅛ teaspoon pepper

Clean and drain select oysters. Roll in bread crumbs, seasoned with salt and pepper. Let stand 15 minutes or more, then dip in beaten egg, roll in crumbs again, let stand again 15 minutes or more in a cool place, and fry one minute or until golden brown in deep, hot fat. Drain on paper, serve on hot platter and garnish with parsley, sliced pickle or lemon. Serve with French Fried Potatoes, page 229.

ESCALLOPED OYSTERS

1 pint oysters
2 tablespoons oyster liquor
2 tablespoons milk or cream
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
Salt
Pepper

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of buttered, shallow baking dish, cover with oysters and sprinkle with salt and pepper; add ½ each of oyster liquid and cream. Repeat, cover top with remaining crumbs. Bake 30 minutes in hot oven. Never allow more than 2 layers for scalloped oysters; if 3 layers are used, the middle layer will be under done. Spread 3 hard boiled eggs, chopped fine, over top, with the crumbs before baking, if desired.

OYSTERS AU GRATIN (For 6 People)

18 oysters
18 mushrooms
2 tablespoon butter
½ teaspoon salt
⅛ teaspoon red pepper
1 cup White Sauce

Cook the mushrooms a few minutes in hot butter. Place 3 oysters on an oyster shell, then the mushroom, some White Sauce, page 120, and seasoning. Sprinkle with cracker crumbs and butter and bake until brown.

OYSTERS AND MUSHROOMS

12 large mushrooms
12 large oysters
3 tablespoons butter
Salt
Pepper
1 cup Brown Sauce

Wash, remove stems, peel caps of mushrooms. Cook 5 minutes in a hot spider with 2 tablespoons butter.

Place in dripping pan, cap side up, place an oyster on each cap, season with salt, pepper and bits of butter and cook until oysters are plump and serve in Brown Sauce, page 121.

OYSTERS IN BLANKETS

12 firm oysters
Red pepper
12 slices bacon (thin)
Chopped parsley

Drain well and wipe oysters dry and lay each oyster on a thin slice of bacon. Add a little red pepper, sprinkle with chopped parsley, fold bacon around oysters, fasten with a wooden tooth pick. Brown slowy in a frying pan and serve very hot.

OYSTERS A LA POULETTE

30 oysters
1 tablespoon butter
1 tablespoon flour
1 cup bouillon
4 yolks
½ pint cream
Salt, cayenne
Juice of ½ lemon

Heat butter, add flour, then bouillon, or oyster liquid and when well cooked and smooth, add seasoning and four yolks beaten with the cream. Steam thirty large oysters, pour sauce over them and cook two minutes; add chopped parsley. May be prepared in chafing dish.

OYSTERS, MANHATTAN STYLE

24 oysters
1½ tablespoons butter
½ teaspoon paprika
½ tablespoon salt
1 tablespoon parsley, finely chopped

Allow 3 to 6 oysters for each person. Have oysters freshly opened and on deep part of shell. Cream the butter, add the rest of the ingredients. Divide this mixture and put a bit on each oyster. Then cover each oyster with a slice of bacon. Set shells on baking tin, in a hot oven; cook about 12 minutes, or until bacon is crisp. Serve at once with a quarter of lemon.

STEAMED CLAMS

Take live clams in their shells. Wash clean in several waters. Put ½ cup boiling water into a large kettle add clams, cover tightly, steam until shells partially open, add melted butter.

CLAMS A LA ST. LOUIS

30 clams
12 fresh mushrooms
4 eggs (yolks)
1 teaspoon white pepper
½ teaspoon mustard
1 onion
2 tablespoons butter
1 tablespoon flour
Parsley and truffles
½ teaspoon salt
½ teaspoon red pepper

Fry the finely chopped onion in the butter, adding flour, stirring well, then add clams, chopped. Season with salt, red and white pepper and mustard. Cook for 30 minutes, remove from fire, add yolks of eggs, slightly beaten, with 2 tablespoons cold water. Reheat a moment, stir again. Serve.

FRIED SCALLOPS

Pick over and wash quickly 1 quart scallops. Drain and dry between towels. Prepare like Fried Oysters, page 149. Serve with Tartar Sauce, page 128.

SCALLOPED SCALLOPS

Pick over and wash ½ pint of scallops. Follow recipe for Escalloped Oysters, page 149, using scallops in place of oysters.

Bake about ½ hour or until crumbs are brown.

TO BOIL LOBSTER

Put live lobsters, head first, one at a time, in a large kettle of boiling salted water to cover, 2 tablespoons salt to 1 quart water and let boil steadily 20 to 30 minutes according to size. Drain, cool quickly. Should not be eaten until cold.

TO OPEN LOBSTER

Take off claws. Separate large claws at joints, crack or cut shell, remove meat. Separate tail from body, draw out tail meat, open through center of meat, take out intestinal vein. Hold body shell firmly, draw out the body, remove stomach and liver (green). Pick out meat from body bones. The stomach, liver, and intestinal vein are not eaten.

To split lobster in half, cross large claws and hold with left hand. With the right hand draw a sharp pointed knife quickly through the body lengthwise from head to tail. Crack claws slightly.

STEWED LOBSTER

Cut boiled lobster fine; put in a stewpan, with a little milk or cream. Boil up once; add one tablespoon of butter, a little pepper, and serve plain or on toasted crackers. Cook lobster just long enough to heat it, as longer cooking renders it tough.

BROILED LIVE LOBSTER

Split the lobster and glaze with olive oil, broil on hot fire, with the meat side to the fire. When well broiled, season with salt, cayenne and plenty of melted butter, or place in spider, season, place in oven and baste.

SEA FOOD IN RICE RING

Rice Ring (page 224)
1 lb. crab or lobster meat
1 qt shrimps
1 lb. mushrooms
1 pt. oysters
Sauce for Sea Food (page 128)
3 hard cooked eggs
Salt and pepper to taste
¼ cup Sherry substitute

Prepare Rice Ring. Keep hot, and when ready to serve turn onto large hot platter and fill center with following Sea Food and Sauce. Boil Shrimp, page 154; Saute Mushrooms, halved, page 214; Boil Lobster, page 152 or take crab meat. Make sauce for Sea Food, add above sea food and mushrooms and cook all together for a few minutes. Add eggs, cut up, flavor with Sherry and season well. Oysters and mushrooms may be omitted and halibut boiled, page 139, and shredded, may be substituted.

SEA FOOD IN FISH MOULD

1 can crab or lobster meat
1 qt. shrimps
1 pint oysters
1 lb. mushrooms
½ cup small ripe olives
1 small can pimentoes
Souffle mixture, page 252
Sauce for Sea Food, page 128

Cut olives in half, lengthwise, to the stone, then in thin slices, crosswise, to form half circles, loosening them carefully from the stone (or use deviled olives). Place these slices in a well greased fish mould, in spaces representing scales. Cut pimento in fine, long strips, with scissors, to fit into space for fins. To represent eye, cut slice from stem end of olive, put piece of pimento in center and place skin side down in cavity for eye.

Shred and bone crab meat; arrange bright red pieces about the head. Sprinkle the rest evenly and carefully over the decorations. If lobster is used, cut fine. Boil Shrimp, page 154, cut in small dice; drain oysters. Saute Mushrooms, page 214 and slice. Arrange these ingredients in layers lightly and evenly over each other.

Prepare Standard Souffle Mixture, page 252. Place with kitchenspoon evenly over the top; let drain through without stirring or disturbing decorations below. Place mould in pan of hot water and

bake in a moderate oven (350° F.) ½ hour or until firm. Loosen edges and turn carefully onto hot platter and serve with Sauce for Sea Food, page 128. Surround fish alternately with hot Asparagus Tips, page 200, in pepper rings and Shoestring Potatoes, page 229.

No. 1

LOBSTER A LA NEWBURG

2 boiled lobsters
2 tablespoons fresh butter
2 small truffles
¼ cup Sherry substitute
3 yolks of eggs
1 cup cream
¼ teaspoon onion, red pepper and salt

Cut lobster in 1-inch pieces. 1 or 2 tablespoons Sherry flavoring may be used in place of wine. Place in a saucepan the butter, salt, pepper, grated onion and the truffles cut in small pieces, and cook for five minutes—add the wine and cook three minutes. Have the yolk of eggs in a bowl, add cream, beat well together and add lobster. Gently shuffle all together over the fire for two minutes or until well thickened. Serve hot.

No. 2

Cooked meat of two lobsters or 1 pound of canned lobster and 2 cups of Newburg Sauce, page 128. Pour the Newburg Sauce over the lobsters and heat all together thoroughly.

LOBSTER A LA BORDELAISE

1½ lbs. boiled lobster, cut in pieces
1 cup White Sauce
¼ cup sherry
1 small onion, chopped fine
1 small piece carrot
Salt
Cayenne pepper

Cook the onion and carrot chopped fine in the cup of milk used in making the White Sauce, page 120, add the rest of the ingredients, the sherry last. Of if sherry substitute is used, take one-half the quantity. Serve hot.

LOBSTER THERMIDOR

3 or 4 lobsters
2 tablespoons butter
1 teaspoon minced onion
¼ cup white wine substitute
½ lb. mushrooms
1 tablespoon tomato puree
2 cups cream sauce
Grated Parmesan cheese

Boil lobster, split in half, page 152, pick out all meat, leaving main body shell intact. Dice tailparts, coral and claws into good-sized pieces. Heat butter in spider, add onion, the diced lobster, a little cayenne pepper, white wine and let cook 5 minutes, stirring constantly. Add mushrooms, chopped fine, tomato sauce and cook it 5 minutes more.

Place this mixture in shells, pour over enough Cream Sauce, (page 121) to fill shells, sprinkle with grated Parmesan cheese if desired. Bake in oven until thoroughly heated, brown a few minutes under broiler and serve.

CREAMED LOBSTER

2 cups boiled lobster meat 1½ cups White Sauce
Salt and pepper

Cut the lobster meat fine. Make White Sauce, page 120, add the lobster, cook long enough to heat the lobster, about 5 minutes. Season to taste and serve on toast.

TO BOIL CRAWFISH

Put live crawfish in boiling salted water with caraway seed. (To 2 quarts water take 1 tablespoon salt and 1 tablespoon caraway.) Boil 5 minutes, let stand until cool. Remove crabs and serve or keep in a cool place.

TO BOIL HARD SHELL CRABS

Drop crabs, one at a time, in boiling salted water (2 tablespoons salt to 1 quart water). Boil 20 to 25 minutes. Drain, wash carefully, remove claws, pull off hard shells and remove spongy part. Serve remaining soft shell with the claws. Crack claws with nut cracker and remove meat.

FRIED SOFT SHELL CRABS

Prepare crabs by removing sand bags. Raise apron; cut from crab, remove spongy substance surrounding apron. Wash and wipe crab, season with salt and pepper; dip in crumbs, egg, and crumbs; fry in deep, hot fat about 3 to 5 minutes. Serve immediately with Tartar Sauce, page 128.

TO BOIL SHRIMP

1 lb. fresh shrimp 2 tablespoons salt
1½ quarts water 1 tablespoon caraway seed

Wash shrimp, bring water to a boil, add salt and caraway seed, add shrimp, let boil 12 to 15 minutes or until tender. Let stand in liquid until cool. Drain and keep in a cool place and when ready to serve, remove shell. Serve hot with White Sauce, page 120; Creole Sauce, page 122, or prepare as Escalloped or Fried Oysters, page 150.

Or, serve cold as a salad with celery and pour over all French Dressing, page 276, or Mayonnaise, pages 279-281.

FROG LEGS

Boil the frog legs in salt water and drain.

Heat 2 tablespoons butter, add ½ cup soup stock, salt and cayenne pepper to taste. Boil three minutes. Add ½ pint cream and 3 yolks slightly beaten. Cook 2 minutes, stirring constantly, and pour over the frog legs.

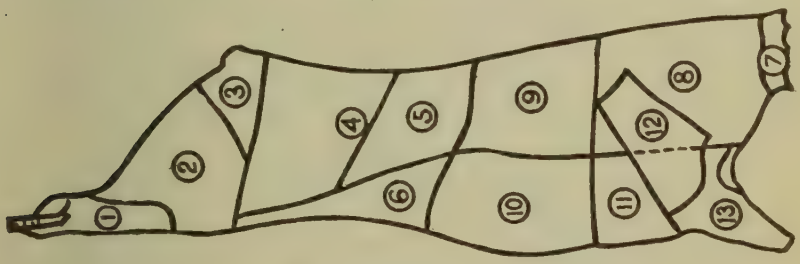
FROGS' LEGS, FRIED

Scald the frogs' legs for just a moment; drain and dry; dust with salt and pepper, dip in beaten egg, then in rolled cracker, let stand 10 minutes, and fry quickly in deep, hot fat.

CHAPTER XIII

MEAT

DIVISION AND WAYS OF COOKING A SIDE OF BEEF



BEEF

Hind Quarter

1. Hind Shank
2. Round
3. Rump
4. Loin
5. Porterhouse
6. Flank

Fore Quarter

7. Neck
8. Chuck
9. Prime Ribs
10. Plate
11. Brisket
12. Shoulder
13. Fore Shank

Tough Cuts Used for

- Soup: Hind Shank, Fore Shank, Neck, Tail
- Stews: Brisket, Chuck, Shoulder, Neck, Flank, Plate

Tender Cuts

- Roasts: Prime Ribs, Porterhouse
- Pot Roasts: Chuck Ribs, Porterhouse
- Steaks: Porterhouse, Loin, Round

TIME TABLE FOR COOKING MEATS

Roasting

Allow 15 minutes to warm the meat through, and after that, figure the time.

Beef, (rare) 15 min., (medium) 20 min., (well done) 30 min., per pound
Lamb.....18 minutes per pound
Mutton.....20 minutes per pound
Veal.....30 minutes per pound
Pork.....30 minutes per pound
Chicken, 4-pound..... about 2 hours, or 20 minutes per pound
Spring Chicken.....½ to ¾ hour
Squabs.....½ to ¾ hour
Turkey, 10-pound.....about 3½ hours, or 20 minutes per pound
Goose, 8-pound.....about 2 hours, or 15 minutes per pound
Duck.....40 to 60 minutes per pound
Game.....30 to 40 minutes per pound

Broiling

Steaks, 1 incher thick; (rare) 6 to 8 minutes; (medium) 8 to 10 minutes
Steaks, 1½ inches thick; (rare) 8 to 12 minutes; (medium) 12 to 15 minutes
Steaks, 2 inches thick; (rare) 12 to 15 minutes; (medium) 15 to 20 minutes
Lamb, Chops (well done) { 1½ to 2 inches.....25 to 30 minutes
¾ inch.....10 to 15 minutes
Spring Chicken.....20 minutes
Squab.....10 to 15 minutes

Boiling

Beef.....Slowly, 40 to 60 minutes per pound
Mutton.....Slowly, 20 minutes per pound
Corned Beef.....Slowly, 30 minutes per pound
Ham.....Slowly, 20 minutes per pound
Chicken.....Slowly, 20 minutes per pound
Fowl.....Slowly, 30 minutes per pound

GENERAL RULES

Meat should be removed from the paper in which it is wrapped and kept in a cool place.

The fibres of the meat contain nearly all the protein (albumen).

Soaking meat in cold water draws out the blood, dissolves part of the organic salts, the soluble albumen and the extractives or flavoring matters.

Boiling water hardens albumen on the outside, keeping in the juice.

Intense heat, as in boiling, roasting or pan broiling, does the same thing.

Cooking under the boiling point after the first ten minutes, causes the toughest meat to become tender.

Save and try out all fat scraps of meat, or poultry and use, if desired in place of butter in preparing meats.

Meat is said to be "kosher" when the animal from which it is taken has been cut in the throat (not knocking in the head), the blood allowed to flow out that it may not coagulate. Before using, to further draw out the blood, it is soaked one-half hour in cold water. Before removing from the water, wash off every particle of blood. Place on grooved wooden salting board, in slanting position. Sprinkle well on all sides with salt, let stand 1 hour. Rinse 3 times in cold water.

HOW TO CARVE MEATS

Place meat before the carver in a large platter, and allow plenty of room at the table for the carving.

Place fork securely in meat, cut across the grain in thin slices toward the ribs, or at right angles to the bone of the leg.

Much depends on the arrangement of the meat on the platter. When serving rib roast or beef, place ends of rib at right of platter, a leg of lamb or ham, turn small end to the left, ribs of pork should be placed with the ends of the ribs towards the carver and the chops away from him.

BROILED BEEFSTEAK

Wipe steak (1½ to 2 inches thick) with a damp cloth, trim off extra fat. Lay on a greased rack over live coals or under an electric grill, or in the broiling oven of a gas stove, 2 or 3 inches below the flame (550° F.). Brown 1 minute on one side; turn, brown 1 minute on the other side, leaving broiling oven door open. Reduce heat to 450° F. Turn occasionally without piercing the browned meat. Cook 12 minutes longer for rare steak, 15 for medium. Place on hot platter, salt and pepper, pour over melted butter and serve at once.

Or, after browning, slip steak with rack on broiling pan, in hot oven (450° F.) and finish cooking.

PAN-BROILED STEAK

Cut away extra fat. Have frying pan very hot, grease lightly with fat scraps; brown 1 minute on one side, turn and brown on the other. Reduce heat. For a steak 1½ to 2 inches thick, cook 12 minutes longer if liked rare, 15 minutes if medium, turning steak to cook evenly and pouring off extra fat to keep it from frying. Place on hot platter, salt and pepper, pour over melted butter and serve at once.

STEAK FOR THE OVEN

Sirloin steak about two inches thick. Put in pan, salt it, add two tablespoons Worcestershire Sauce, and three tablespoons catsup and little lumps of butter over the top. Put in hot oven (500° F.) for 20 minutes.

PLANKED STEAK

Broil a 1¼-inch thick porterhouse, sirloin, or cross cut of rump steak for 5 minutes, following directions, page 157. Butter a plank and place steak on, trim off edges of steak 1 inch from edge of plank. With a pastry bag and tube filled with mashed potatoes, arrange an artistic border around the steak. Place in hot oven and bake until potatoes are browned and steak is cooked, then spread steak with butter, season with salt and minced parsely, and place plank on platter to serve, garnished with parsley.

FILLET STEAKS BROILED

3 lbs. tenderloin cut into 2-inch pieces. Flatten a little, season with salt, pepper, a little sweet oil, and broil. Serve with sauce Bearnaise, page 126, or if preferred, melted butter. Follow directions for broiling, page 157.

FILLET STEAKS WITH BACON

Wipe tenderloin of beef, cut into 2-inch slices. Coil around each a thinly cut strip of bacon, and fasten with wooden skewer. Place on greased broiler and broil under hot flame 10 to 12 minutes, turning often, until well browned. Serve on hot platter, season with salt and pepper, brush with butter and garnish with lemon slices and chopped parsley.

MOCK FILLET STEAK

1 lb. round steak, chopped Bacon

Form chopped beef into flat rounds 2 inches thick; twist around each piece a long, thin strip of bacon, to overlap at ends, fasten with tooth picks. Place in hot spider, brown on both sides, then place in hot oven 10 minutes and serve slightly underdone. Sprinkle with salt and pepper.

May also be prepared as Beef Balls with bread crumbs, page 159.

BEEF STEAK AND ONIONS

Follow directions for Pan-Broiled Steak, page 157. Fry 4 or 5 sliced onions in 2 tablespoons fat, cover and let cook until glossy

and slightly browned. Season with salt and pepper. Place meat on hot platter, cover with onions, add a few tablespoons hot water to gravy in pan, stir until smooth, serve at once.

Or, cover with Saratoga Onions, page 218.

SWISS STEAK

3 lbs. round steak, cut 1½ inch thick
½ cup flour
1½ teaspoons salt
3 tablespoons fat
A clove of garlic
1 onion, sliced
⅛ teaspoon pepper

Put steak on board; pound the flour, salt and pepper into the steak with the edge of a heavy earthen saucer or meat tenderer, first on one side and then on the other. Cut garlic in half and rub over the meat. Cut into individual portions if desired. Melt fat in frying pan, add onion, let brown, slightly set to one side, put in meat, let brown on both sides. Add 2½ cups of hot tomato juice or boiling water, cover closely and let simmer 2 or 3 hours, or until tender. Serves 8 people.

BEEF BALLS

1 lb. chopped beef
¼ lb. soaked bread crumbs
2 tablespoons fat
1 teaspoon chopped onion
1½ teaspoons salt
Dash of pepper

Mix all the ingredients except the fat and shape into small, round cakes. Melt the fat in a baking pan and brown the cakes in it, first one side and then the other. The pan should be covered after browning, until meat is tender.

Or, omit bread and stir 2 tablespoons cold water with the meat.

CHOPPED BEEF IN CABBAGE LEAVES

No. 1

1 lb. lean raw beef, chopped
Salt and pepper to taste
1 small onion (juice)
½ cup cooked rice
2 large tomatoes
1 onion, chopped
2 tablespoons vinegar
2 tablespoons sugar
8 large leaves of cabbage

Season the meat highly with salt and pepper, add onion juice and rice.

Soak the cabbage leaves in hot water a few minutes to make them less brittle. Roll a portion of the meat mixture in each leaf. Place them in a kettle with the rest of the ingredients, add a little water and let simmer and stew until cabbage is tender and well browned.

No. 2 CHOPPED BEEF IN CABBAGE LEAVES

1 lb. chopped beef
1 cup cooked rice
½ cup bread crumbs
2 eggs
Onion juice
1½ teaspoons salt

Mix ingredients in order given. Soak cabbage leaves in hot water until soft enough to handle. Fill with prepared mixture and fasten with tooth picks. Sprinkle with salt and dredge with flour, then fry in fat. Pour over Tomato Sauce, (page 123) cover and bake in a slow oven about 2 hours.

CHOPPED BEEF, SWEET SOUR

1 lb. chopped beef
1 onion, grated
1 egg
1 tablespoon matzo meal
Salt and pepper
¼ cup raisins
¼ cup sugar
1 lemon, sliced
1 tablespoon fat
1 tablespoon potato flour
½ cup hot water

Mix first 5 ingredients and form into small balls. Place in kettle with water, raisins, sugar and lemon. Let cook slowly ½ hour, then add fat mixed with tablespoon potato flour to thicken gravy, let simmer a few minutes and serve.

CHILI CON CARNE

2 teaspoons fat
1 lb. fresh beef, cut in small pieces
½ teaspoon paprika
2 red dried sweet peppers or 1 canned pimento
1 cup kidney beans
½ cup tomato
1 onion, chopped
1 cup water
Salt to taste

Brown the meat in the hot fat, add pepper and onion, fry golden brown. Add the tomato, paprika, salt, and water, and cook until the meat is tender. Soak the beans over night in cold water. Cook until tender in fresh water to which ½ teaspoon soda has been added. Drain well and add to the meat. Bring to a boil and thicken with flour. Serve hot. Left over meat may be used in place of fresh meat.

BEEF LOAF

1 lb. raw beef, chopped
1 teaspoon chopped onions
Salt and pepper
½ cup bread crumbs
½ cup cold water

Mix all the ingredients together, then form into a roll. Place in a baking pan and bake in a quick oven about 30 minutes; baste every 5 minutes with ¼ of a cup of fat drippings melted in one cup of boiling water; or instead of basting lay strips of bacon over the top. Serve plain or with Brown Sauce, page 121.

MEAT LOAF

1 lb. beef
½ lb. veal
Small piece suet
¼ lb. bread
¼ cup walnut meats
1 teaspoon salt
1 or 2 eggs
Onion and celery salt
2 tablespoons tomato
Bacon

Run meat and fat through chopper. Beat an egg well, add meat, nuts, seasoning, tomato, and bread soaked in water and squeezed dry. Mix thoroughly, form into loaf, lay strips of bacon on top, place in roasting pan with 1 tablespoon fat. Place in hot oven, 350° F. for 1 hr., baste often, adding water only if necessary. The nut meats may be omitted.

RIB ROAST OF BEEF

Take a two or three rib standing roast. Season with salt and paprika, dredge with flour. Place in a dripping pan, without water, fat side up, in a hot oven (500° F.) from 20 to 30 minutes or until lightly browned. Reduce heat to 300° F. or 250° F. Continue cooking; for rare meat allow 15 minutes to the pound, for medium 20 minutes, and about ½ hour for well done. If the oven is hotter, the roast will cook quicker, but will shrink more and not be so evenly browned. A rib roast that will not stand upright must be basted occasionally while cooking, with the fat in the pan to keep it from drying out.

Gravy

Remove some of the fat from pan, leaving 2 tablespoons. Place over flame, add 2 tablespoons of flour and stir until brown. Add gradually 1 cup boiling water, cook 5 minutes, season and strain.

Or remove fat, place 2 tablespoons flour in cup, mix with a little cold water, add a few spoons of the liquid from the pan, then stir into the rest of the liquid and cook until smooth.

FILLET OF BEEF

No. 1

5 lbs. fillet of beef
Salt and pepper
¼ cup butter
1 cup cooked peas, carrots and potatoes in fancy shapes
Kitchen bouquet

Wipe fillet, remove fat and skin. Fold thin ends over and fasten with skewer or string. If not larded, put chunks of butter on upper side, or thin slices of bacon or fat brisket of smoked beef, season with salt and pepper, place in roasting pan in hot oven

from ¾ to 1 hour, depending on size, basting 3 or 4 times, adding hot water if necessary. Remove skewers or string, set fillet aside. Thicken gravy in pan as in Roast Beef, page 161; add Kitchen Bouquet, page 122, and strain. Reheat fillet in sauce. Serve with peas and mashed potatoes.

Or, baste when nearly done, with 1 cup of thick, sour cream. Place fillet in gravy, let simmer a few minutes. Serve on hot platter with the gravy and garnished with the hot cut vegetables.

MOCK ROAST DUCK

No. 1

2 small slices rump steak, or a flank steak
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon ginger
3 tablespoons fat drippings
1 cup bread crumbs
1 tablespoon grated onion
1 teaspoon chopped parsley
1 slice chopped boiled ham
1 pint boiling water

Have meat about 1 inch thick and see that it has no seams, openings or muscle tissues running through it. Season with salt, pepper and ginger.

Heat fat in spider, add bread crumbs and the rest of the ingredients and spread evenly over one of the steaks. Cover with the other steak and sew the edges together with coarse thread. Place the "duck" in spider or iron kettle with a little fat. Sprinkle well with flour, let brown, add 1 pint boiling water, cover closely and let simmer several hours or until tender. Remove strings, place in hot oven, basting often, let brown nicely and serve hot in its own sauce.

No. 2

Or, in place of the bread filling, fill with 1 lb. of chopped beef; season well with salt, pepper and paprika.

ROLLED MEAT—(Italian)

1½ lbs. round steak, ½ inch thick
½ lb. sliced boiled ham
¼ lb. chopped meat
6 hard boiled eggs
Tomato Sauce—Italian
Salt and pepper
Oil or fat for frying

Spread steak (veal or beef) with fat. Lay ham evenly over steak. Spread chopped meat (pork and beef mixed), well seasoned with salt and pepper over ham. Place eggs in a row down the center.

Form into one large roll and tie with string. Brown all over in hot fat in spider. Place in saucepan with Tomato Sauce Italian, page 123, and let cook slowly until tender. Remove string and serve hot or cold, cut into slices.

POT ROAST

No. 1

2½ lbs. of beef (chuck or rump)
2 tablespoons drippings
1 or 2 bay leaves
1 medium carrot
1 sliced celery root
1 pint boiling water
1 tablespoon flour
1 onion, chopped fine
Salt and pepper.

Season and prepare meat as desired, and sprinkle with flour. Heat the fat and fry the onion in it until light brown; add the meat, brown on all sides to keep in the juices. Pour on the boiling water, add bay leaves, then let simmer slowly about 2½ hours, or until tender. Add a little boiling water to prevent burning. Sliced or stewed tomato laid on top of the meat one-half hour before serving makes a fine flavor. Thicken gravy with 1 tablespoon flour. Serve with Franconia Potatoes, page 228. If closely covered kettle is used, add no water.

No. 2

3 lbs. top round
1 large or 2 medium carrots
1 large onion
1 thick slice rye bread
¾ cup tomato puree
Parsley
Celery
Salt and pepper
Paprika
1 cup hot water

Heat 2 generous tablespoons beef fat in "Dutch Oven" or any kettle with a close fitting cover until smoking hot. Add meat, brown thoroughly on all sides. Remove, add sliced onion to fat and when nearly browned add chopped carrots, parsley and celery. Brown well. Add tomato puree and hot water. Simmer for a few minutes. Return meat to kettle, cover tightly and cook slowly 1 hour, then add rye bread crumbled and continue cooking several hours or until done.

POT ROAST, SOUR

3½ lbs. beef, rump, cut thick
Salt and pepper
6 medium onions
2 tablespoons fat
1 qt. canned tomatoes
½ cup sugar

Fry the onion, cut small, until golden brown, in fat, set aside. Salt and pepper meat, brown on all sides in the fat, add bay leaf. Cover kettle tightly and let simmer for 1½ hours or until nearly tender, adding hot water only, if necessary. Add fried onions, tomatoes, sugar and lemon juice, if not sour enough. Finish cooking in oven until gravy is thick and meat well browned.

FLANK STEAK—POT ROASTED

1½ lbs. flank steak
Salt and pepper
4 or 5 onions, sliced
1 or 2 peppers, sliced
1 cup tomato juice
2 tablespoons fat drippings

Heat fat in spider, add steak seasoned with salt and pepper and sprinkled lightly with flour. Brown on both sides and place in iron casserole. Add onion and pepper slices, and the tomato juice. Cover well and let simmer 1 or 2 hours or until tender.

RUMP ROAST BOILED

Take 3 lbs. or more of rump of beef (a thick chunk), ¼ lb. raw beef fat, in small cubes, 1 large onion chopped fine and mix in a saucer with a liberal amount of salt, some pepper and ginger.

Make deep gashes in the meat, about 2 inches apart, filling pockets with the fat cubes and the onion mixture; cutting the pockets, one at a time, filling and pressing the mixture in well. Put meat in kettle, pour over boiling water to cover, cover and let cook gently 1½ hours, adding more water as it evaporates. Add ¼ cup each of diced onion, celery and carrot to soup and let cook 1 hour longer or until tender. Take meat out of soup just as soon as tender. Season all over with salt, pepper and ginger. Place in roasting pan, add fat from top of soup, place in hot oven and roast until well browned, basting often with fat in pan. Place roast on hot platter, add a little flour to gravy in kettle, and 1 cup hot soup, stir and cook until smooth, pour over meat and serve. Season soup, and serve with noodles or any desired Soup Garnish, pages 113 to 119.

BRAISED BEEF

A piece of rump weighing three pounds, larded. Season with salt, pepper, chopped parsley and a little garlic minced fine, if desired. Add 1 carrot, cut into round pieces; 1 slice onion, 1 bay leaf. Cover and brown well on both sides. Let cook 2½ hours. Baste it often and add a little soup stock. Brown and strain the gravy over the meat. Serve with Horseradish Sauce, page 128.

BEEF EN CASSEROLE

2½ lbs. beef, chuck or round
2 tablespoons beef drippings
1 small carrot, cut in dice
1 tablespoon flour
1 small onion, sliced
Salt and pepper to taste
1 cup strained tomatoes
1 bay leaf

Salt and pepper the meat and dust with the flour. Heat the fat in a frying pan and brown the meat in it on all sides. Place

meat in casserole, add other ingredients, cover and let simmer at a low temperature until tender, keeping the casserole well covered so as not to allow the steam and juices to escape. Let cook 2½ hours. Serve hot with mashed or baked potatoes.

RIBS OF BEEF (SPANISH)

Take short ribs of beef, season with salt and pepper, rub over with a tiny clove of garlic. Cover with boiling water, add an onion, sliced. Let cook slowly about 2 hours. Add 2 cups tomatoes, add 1 teaspoon paprika and cook gently 1 hour.

MOCK BIRDS

1 lb. round steak, or
Veal steak, ¼ inch thick
1 teaspoon salt
¼ teaspoon prepared mustard
1 tablespoon chopped fat bacon
1 teaspoon onion, chopped
1 tablespoon pickle, chopped
2 tablespoons fat drippings
1 pint boiling water
1 bay leaf

Cut 1 pound of round steak ¼ of an inch thick in four pieces. Flatten each piece, sprinkle with salt and pepper, and spread with bacon, mustard, onion and a speck of paprika. Roll each slice and fasten with either string or toothpicks. Sprinkle each roll with flour and brown in fat, cover kettle closely and add boiling water only when necessary. Simmer 2½ to 3 hours or until nearly tender, and remove strings. Reheat and serve. Veal may be used in the same way. It does not require as long cooking as beef. Poultry Dressing, No. 1, page 181, may be used to spread on the slices, in place of the bacon and mustard dressing. One cup sour cream may be added shortly before serving.

BEEF A LA MODE OR SAUERBRATEN

4 lbs. beef, chuck, rump or round
Salt and pepper
1 onion, sliced
3 bay leaves
1 teaspoon peppercorns
Vinegar and water
¼ cup sugar
¼ cup raisins
4 to 6 ginger snaps
1 cup thick sour cream

Sprinkle meat well with salt and pepper and rub in thoroughly. Place with onions, bay leaves and peppercorns in a deep earthen dish. Add water to vinegar (equal parts if vinegar is very strong), and add salt and sugar to taste. Pour hot over the meat to cover. Cover dish well, put in cool place, let stand 8 days.

Put meat in kettle, add onion and a little of the spiced vinegar, place in hot oven to brown all over. Then put on tight fitting cover and let cook slowly about 3 hours or until tender. Add more

of the vinegar if necessary. Take out the meat, slice for serving and keep hot. Strain liquid in kettle, skim off fat. Let ¼ cup sugar melt in an iron spider, add very gradually the strained liquid, then the raisins and ginger snaps, cook until thickened and smooth and pour while hot over meat. Add 1 cup of thick, sour cream to gravy if desired.

SWEET AND SOUR BEEF

3 lbs. brisket of beef
1 onion, sliced
1 lemon (juice)
Small piece bay leaf
3 tablespoons sugar
1 cup boiling water
Salt and pepper
A little dill

Place the meat in a stew pan. Add the onion, sliced thin, and also the boiling water. Stew meat until tender, about 2½ hours, adding salt, pepper and a bit of bay leaf for seasoning. Add lemon juice or vinegar, and sugar until sweet and sour.

BEEF STEW

3½ lbs. beef
½ onion
¼ cup turnip, cut up
¼ cup carrots, cut up
2 tablespoons beef drippings
2 potatoes
Salt and pepper
¼ cup flour
Water to cover dumplings

Wipe the meat, remove all the small pieces of bone, and cut into small pieces. Put the larger bones and tough meat into the kettle and cover with cold water. Dredge the rest of the meat with flour, pepper and salt, and brown it in the melted fat in the frying pan. Brown the onions also. Then put the meat and onions into the kettle and let it simmer 2 or 3 hours or until the meat is tender. Half an hour before serving add the other vegetables; 15 minutes before serving add the Dumplings No. 2, page 235. Cook 15 minutes. When done take out the dumplings, remove the pieces of bone and fat. If necessary, thicken the gravy with flour and add some pepper and salt. ½ cup strained tomatoes can be added, if desired.

BRISKET OF BEEF WITH BEANS

2 lbs. brisket of beef
1 pint navy beans
Salt and pepper to taste
2 tablespoons fat
2 tablespoons flour
1 cup bean liquid

Salt and pepper the meat and let stand 1 hour or longer. Soak beans over night in cold water. Drain, cover with fresh water, heat slowly, keeping water below the boiling point, add meat

and cook about 2½ hours or until meat and beans are tender. If desired, add ¼ cup each of brown sugar and molasses and ½ teaspoon mustard. Heat the fat in a spider, add flour and gradually a cup of hot bean liquid. Pour this sauce over the meat and beans and cook until the beans are browned.

BRISKET OF BEEF WITH SAUERKRAUT

1 qt. sauerkraut
3 lbs. brisket of beef
2 tablespoons flour
1 tablespoon sugar
1 large raw potato, grated
1 teaspoon caraway seed

Place ½ of the sauerkraut in a large saucepan, sprinkle with flour, add meat and a whole onion, and the potato. Cover with boiling water and cook until tender, about 2 hours. Remove onion, and serve hot.

BRISKET OF BEEF WITH CABBAGE

2 or 3 lbs. brisket of beef
1 head cabbage
1 small onion
2 tablespoons fat
2 tablespoons vinegar
2 tablespoons sugar
Salt and pepper to taste

Shred the cabbage and brown in a well-greased pan, with the onion, chopped fine. Season with salt and pepper. Cover meat with water and let cook, then add the browned cabbage, and simmer until both are tender. Add vinegar and sugar to make it sweet and sour, and if too watery, thicken with a sprinkling of flour and let cook until smooth.

NEW ENGLAND BOILED DINNER

4 lbs. corned beef
1 small cabbage
3 large carrots
6 medium onions
6 small parsnips
6 medium potatoes
2 small turnips

Wash meat quickly in cold water. If very salty, soak ½ hour in cold water; or let come to a boil, then drain. Place meat in kettle, with boiling water to cover. Let cook 3 to 5 hours or until tender, 2 hours before serving, add carrots, cabbage and turnips cut in quarters, and ½ hour before serving add parsnips, onions and potatoes. Serve attractively arranged on a large platter.

TO CORN OR PICKLE BEEF

10 lbs. brisket or rump
1 cup brown sugar
Ginger and a little garlic
¾ tablespoon saltpetre

Salt well on all sides, add pepper and the rest, dissolving saltpetre in a little water. Place in stone jar, cover with plate and weight down with a stone, to allow juice to draw over night. Add cold water to cover and leave in brine 10 days, turning meat every other day. Cook as Smoked Tongue, page 168.

Tongue or Goose Meat are prepared the same way.

CALVES' TONGUES

3 fresh calves' tongues
3 bay leaves
1 onion, sliced
1 teaspoon whole pepper
1 tablespoon salt
2 tablespoons prepared horseradish
1 tablespoon flour

Place tongues, bay leaves, peppers and salt in kettle, cover with water. Cook slowly 20 minutes to the pound or until tongues are tender. Remove skin, cut in two, lengthwise. Strain liquid, add flour dissolved in a little cold water and horseradish and cook until smooth. Or, serve with Sweet and Sour Sauce, No. 2, page 124, or Tomato Sauce, page 123.

BEEF'S TONGUE, A LA JARDINIERE

Boil fresh beef's tongue 1 hour; skin and lay in roaster upon a layer of vegetables cut into dice—carrots, turnips, celery, potatoes, peas, beans, button onions and small round tomatoes. Pour about the tongue some of the water in which it was boiled; cover and cook slowly, for two hours if the tongue be large.

Remove tongue, keep it closely covered and hot, while taking out the vegetables with a skimmer. Thicken the gravy with browned flour. Place tongue on hot platter; arrange vegetables in sorted heaps about it, and pour over some of the gravy, sending rest to table in a sauce-boat. Use liquid from boiled tongue for soup, if desired.

TO BOIL SMOKED TONGUE

1 smoked tongue
Cold water to cover
6 bay leaves
1 teaspoon whole pepper
1 teaspoon cloves
1 onion, sliced

Wash the tongue and if salty, soak in cold water over night. Place in kettle with seasonings and let simmer slowly until tender from 2 to 4 hours.

Then remove from the brine, pull off the outer skin, cut off root and let cool in the brine. May be sliced cold or served hot with Sweet and Sour Sauce, No. 2, page 124.

SLICED LIVER

1 lb. calf's liver, sliced
Salt and pepper
2 tablespoons flour
1 large onion, sliced
2 tablespoons goose or bacon fat

Salt and pepper the liver to taste, then dredge with the flour. Heat the fat in a spider. Fry the slices until brown on both sides. Push the liver aside, add the onions, and let brown slightly, cover and let cook 10 to 15 minutes and serve.

LIVER AND DUMPLINGS

1½ lbs. calf's liver
Salt and pepper
1 small onion, chopped
2 tablespoons fat
2 tablespoons flour
Dumplings

Prepare Dumplings, page 325. Cut liver in pieces 1 inch thick, salt and pepper and roll in flour. Heat fat in spider, add onions when light brown add liver, let fry until brown on all sides. Remove to hot platter. Surround with dumplings. Stir 2 tablespoons flour into gravy in spider, add 2 cups hot water, salt and paprika to taste. Let cook until thick and smooth and pour over the Liver and Dumplings.

CALF'S LIVER, POTTED

1 calf's liver
1 onion, sliced
1 clove of garlic
2 tablespoons flour
2 tablespoons celery, chopped
2 tablespoons parsley, chopped
3 tablespoons poultry or bacon fat

Soak the liver (whole) in cold water 1 hour and remove the skin. Cut 6 pockets from the top, 1 inch wide and nearly to the depth of the liver and fill these pockets with the parsley and celery and, if desired, bits of garlic—all seasoned with salt and paprika. Tie string all around the liver, to keep in the filling, making small grooves at side to hold the string in place. Cut garlic in two, crosswise, and rub the juice all over the outside and dredge liver with flour.

Place fat, goose fat preferred, in iron kettle that has close fitting cover, add onion, when slightly browned add the prepared liver, brown all over, then cover and let simmer very slowly about 1½ hours or until tender. Add a little water at a time, only if necessary. If gravy is not thick add more flour.

BAKED CALF'S LIVER

Calf's liver
2 tablespoons beef or poultry fat
2 onions, sliced
2 tablespoons flour
Salt and pepper

Wash, trim and skin calf's liver, sprinkle all over with salt, pepper and flour and place in a spider with beef or poultry fat and the onions. Melt fat and spread some over top of liver. Cover spider closely and place in a hot oven 15 minutes. Uncover, reduce the heat and bake slowly until tender and well browned. Serve plain or with slices of fried bacon.

LIVER LOAF

1½ lbs. beef liver
1 medium onion
1 teaspoon salt
1 cup hot water
1 cup cracker crumbs
1 egg

Soak liver in cold water, then place in boiling salted water and cook gently until tender. Cool, put liver and onion through meat grinder. Brown the cracker crumbs in a little hot fat and mix all well together, form into loaf, place in pan and bake until nicely browned. Cover loaf with strips of bacon if desired.

CALF'S HEART

Wash, remove the veins and arteries and stuff with bread crumbs, onion juice, melted fat, salt, pepper and chopped parsley. Sprinkle with salt and pepper, dredge with flour and brown in hot fat. Place in deep pan, half cover with boiling water, cover closely and bake slowly 2 hours, basting every 15 minutes. Add water if necessary. Strain liquid, add lemon juice and parsley.

STEWED TRIPE

No. 1

Wash carefully 1 lb. of tripe that has not been pickled, and cut into inch squares. Put it into a stew pan with ¼ teaspoon each of salt, sugar and prepared mustard, with water enough to cover, about 1 pint. Boil up and skim carefully, then set back to simmer for 3 hours, watching closely lest it stick to the bottom of the pan and skim if necessary. Mix a tablespoon flour with a little cold water, stir it in, simmer ½ hour longer, and serve with more seasoning, if desired.

No. 2

Wash tripe and cut in small strips. Heat 3 tablespoons fat, add a little chopped onion or garlic. When brown add 2 tablespoons flour. Brown and stir in enough boiling water to cover. Let simmer slowly about 3 hours or until tender. Serve in this sauce and, if desired, surround with Tomato Sauce, page 123.

LAMB AND MUTTON

BROILED LAMB CHOPS

Use chops of uniform thickness. Remove skin. They may be boned, rolled and wrapped in a strip of bacon. Remove extra fat, grease wire broiler with some of it—follow directions for broiling Beef Steak, page 157. Season to taste. Serve all lamb piping hot, as the fat hardens as it cools.

STUFFED LAMB CHOPS

No. 1

Lamb chops
Salt and pepper
Chicken livers, or liver sausage
Or large fresh mushrooms

Have rib or loin chops cut in 2-inch pieces. Remove bone and outer skin. In rib chop, make slit and insert a mushroom in each chop or place a chicken liver or thick slice of sausage near long end, drawing end of chop around into round, flat piece; sew with coarse thread, place in greased broiler, under hot flame, brown on both sides. Lower rack, let broil, turning often, 15 to 20 minutes longer. Remove string, sprinkle with salt and pepper. Dot with bits of butter, remove to hot platter and serve.

No. 2

Prepare and stuff chops, as above. Place them in pan in rack under flame, turning them until well browned about 10 minutes. Place pan in oven, add a little water, and bake about 20 minutes longer, or until tender, basting often. Brush with butter, remove to hot platter and serve with thickened gravy to which tomato or chili sauce has been added.

PAN-BROILED CHOPS

Have a frying pan very hot, without any fat, put in the chops and cook one minute, turn and sear the other side, to keep in the juices; then cook more slowly until done. Pour off extra fat so that chops will broil, not fry. Stand them up on the fat edge to brown the fat, without overcooking the meat. Salt and pepper. Serve hot, either plain, with peas, or with Tomato Sauce, page 123.

LAMB CUTLETS

Trim meat, salt and pepper, dredge with flour, dip in egg, then in bread or cracker crumbs and fry in spider with hot fat from 15 to 20 minutes, until browned on both sides, or brown on stove, then place in hot oven (400° F.) 4 or 5 minutes.

LAMB STEW

Cut lamb from neck or shoulder in pieces. Brown in fat with chopped onion. Cover with boiling water; let simmer 1 hour. Salt and pepper. One-half hour before done add small potatoes, carrots, celery and 1 green pepper, diced. Serve hot on platter, garnish with parsley.

CROWN OF LAMB

Select parts from two loins containing ribs, have butcher scrape flesh from ribs, and trim off backbone. Shape each piece in a semi-circle, having ribs outside and sew pieces together to form a crown. Trim ends of bones evenly and wrap each bone in a stiff dough ball, made by mixing flour and water. Place in open pan without water in hot oven (480° F.) for ½ hour, reduce heat to 300° F and continue cooking until done. A 6 to 7-lb. roast will cook in 2 to 3½ hours. Cut dough balls from bones, cover bones with paper chop holders before serving and fill center with peas, Chestnut Vegetable, page 210, or mashed potatoes.

ROAST LEG OF LAMB

If Leg of Lamb is used, bone before roasting. Make several incisions on each side through the skin and insert thin slice of garlic in each pocket. Salt, pepper and dredge meat with flour, place in roasting pan without water, skin side down, in hot oven (480° F.) for about 30 minutes. If roast is lean, cover with several strips of bacon. When lightly browned, reduce heat to 300° F., continue cooking uncovered without water. It will take about 2 to 3 hours to cook a roast. Serve with Mint Sauce, page 127.

MOCK VENISON (LAMB)

Place meat in an earthen dish, add small onion, sliced, and cover with hot water and vinegar that has been boiled. Let stand 24 hours. Drain and dry meat, season with salt, pepper, a bit of pulverized thyme between the fingers, a teaspoon caraway seed. Roast in oven until tender.

STEWED MUTTON

Prepare and season to taste, remove the pink skin and extra fat, and put into boiling water. Boil fifteen minutes, push kettle back, and allow the meat to cook slowly until tender fifteen minutes for each pound. A carrot diced and cooked with the meat, improves the flavor. Serve meat with a border of Baking Powder Biscuits, page 73, split in halves, and pour all over Brown Sauce, page 121, using the mutton stock. Add chopped parsley.

PORK

PORK CHOPS

Wipe chops, sprinkle with salt and pepper, place in hot spider and cook slowly until tender and well browned on each side.

PORK CHOPS WITH APPLES

Pork chops, thick
Salt and pepper
Apples, sliced ½ inch thick
Sugar

Take pork chops 1½ inches thick, sprinkle with salt and pepper. Cover each chop with half of an unpeeled apple, cut crosswise and cored, placing cut side on chop. Sprinkle apple with sugar, place in pan, in medium oven, and bake 30 to 40 minutes, basting often, until well browned and done. Serve hot with gravy slightly thickened with cornstarch, or a little sour cream.

Or, fry pork chops, sprinkled with salt and pepper, in hot frying pan, brown on both sides, arrange on hot platter, and serve with slices of apples fried in the fat remaining in the pan.

PORK TENDERLOINS

Slice meat crosswise, flatten, roll in flour. Place in frying pan with butter and chopped onion; add salt and pepper. Brown, then cover well. Baste with ½ cup sour cream and cook 30 minutes or until tender.

PORK RIB ROAST

Follow directions for Beef Pot Roast No. 1, page 163.

Or, rub meat with garlic; salt and pepper. Stick top with cloves 1 inch apart. Cover with caraway seed, add a little brown sugar and bake in covered pan, basting every 15 minutes.

BAKED HAM

1 ham, 8 to 10 lbs.
½ cup brown sugar
½ teaspoon mustard
¼ cup flour
3 tablespoons water or vinegar
2 tablespoons whole cloves

Soak ham in cold water over night. Boil 1 hour and drain. Remove rind and cover with paste made of brown sugar, mustard, flour and water or vinegar. Stick in cloves. Bake in a slow oven (250° F.) 4 hours.

BAKED HAM, WESTPHALIAN

Wash a 10-12 lb. smoked ham thoroughly and soak in cold water over night. Put in kettle with fresh cold water, bring to the boiling point, cook gently 4 to 5 hours or until tender and pull off the skin. Place in roasting pan. Spread with brown sugar ½ inch thick and stick with cloves one inch apart, add 1 cup cider, ginger ale or dried apricot juice and roast in a hot oven

three-quarters of an hour, basting frequently. Add another layer of sugar, reduce the heat, let roast slowly without basting for 15 minutes so the ham may be well glazed.

BAKED HAM

Soak and scrub the ham. Make a thick paste of rye flour and water. Spread all over the ham. Set on rack in pan in hot oven to bake paste, then lower temperature, let bake about 4 hours at 250° F. Make hole in paste and pour in a cup of hot cider or liquid in pan, repeat twice if needed. Bake one hour longer, remove crust intact, and skin. Brush with beaten yolk of egg, sprinkle with brown sugar and rye bread crumbs and brown. Save crust and use to keep left-over ham moist.

BROILED HAM

Cover a 2-inch slice of ham with cold water; let cook slowly 20 minutes to the pound until nearly tender. Drain, cover with brown sugar, stick with cloves and broil in broiling pan until done.

BOILED SAUSAGE

Place smoked sausage in kettle, pour boiling water over to cover and simmer 5 to 10 minutes. Serve hot with Potato Salad, pages 287, 288.

FRIED SAUSAGE

Prick sausage with a fork to keep it from bursting. Place in frying pan, add a little boiling water, cook a few minutes until water evaporates, cover and let fry about 10 minutes until brown all over.

FRIED LIVER SAUSAGE

Fry 2½ lbs. fresh liver sausage in 2 tablespoons fat 10 minutes or until browned all over. Remove to hot platter, pour fat over and serve with sauerkraut and hot potatoes, or with fried onions.

BACON

Place bacon in a cold frying pan, heat slowly until crisp. Press fat from slices with broad knife to prevent curling. Turn occasionally.

Or place bacon in a hot frying pan, reduce heat. When bacon begins to cure turn often until crisp and light brown.

Or place thin slices of bacon (from which the rind has been removed) closely together in a wire broiler over dripping pan and bake in hot oven until bacon is crisp and brown, turning once.

LIVER AND BACON

Slice liver ½ inch thick; remove thin outside skin and veins. Sprinkle with salt, pepper, and flour, place in frying pan with hot bacon fat and fry until brown on both sides. Remove to hot platter. Serve with bacon, fried as above.

VEAL

Veal is calf's meat, and is less nourishing than beef or mutton. The muscle is pink, the fat white and clear. Veal should be thoroughly cooked, to be digestible. Spring is the season for veal.

ROAST VEAL

Take a thick piece of veal from the upper part of the leg, dredge with salt and pepper, ginger and flour. Put in dripping pan in a very hot oven, with 3 tablespoons of beef or poultry drippings. When browned all over, baste with the fat and reduce the heat; add a little water and baste often until tender.

ROAST VEAL BREAST, STUFFED

Select a piece of veal breast and have the butcher make an opening on the underside and stuff with Bread Dressing No. 1, page 181, or Potato Stuffing, page 183. Sew up ends, dredge with salt, pepper, ginger and flour; place in hot oven, in roasting pan, with 2 tablespoons beef or poultry fat, an onion cut fine and a little boiling water. Turn and baste roast often until brown and tender. A little allspice and bay leaf may be added for seasoning. Lamb breast may be prepared the same way.

VEAL FRICASSEE

Cut in pieces, 2 lbs. of veal from loin. Cook slowly in boiling water to cover. Add 1 small onion, 2 stalks celery and 6 slices carrot. Remove meat. Season with salt and pepper, dredge with flour and brown in butter. Serve with Brown Sauce, page 121.

VEAL CUTLETS

Use slices of veal from ribs or leg, cut ½ inch thick; salt and pepper, dip in crumbs, then in beaten egg, then again in cracker or bread crumbs. Fry on both sides until well browned. Finish cooking slowly about 30 minutes on top of stove or in oven.

WIENER SCHNITZEL

Cut veal steak ½ inch thick, in pieces for serving, fry as veal cutlets, above. Sprinkle with lemon juice, garnish with lemon slices, capers, sardellen, and a fried egg.

PAPRIKA SCHNITZEL

Cut veal steak as above. Salt and pepper, roll in flour. Heat fat in spider, add paprika until red, then 2 onions, sliced, fry slightly, add meat, brown all over, add gradually ½ cup thick sour cream, cover pan, let cook slowly ½ hour. Add a little water and serve.

VEAL POT PIE

Ends of ribs, neck or knuckle may be used. Cut meat in small pieces, remove fine bones. Cover with boiling water; skim as it begins to boil; add 1 onion, 1 teaspoon salt, ¼ teaspoon pepper for each pound of meat. Simmer till thoroughly tender. Rub 1 tablespoon flour smooth in a little cold water. Add ½ cup cream, water or milk with 1 tablespoon butter or fat. Serve with Dumplings.

HUNGARIAN GULASH

1 lb. lean beef
1 lb. lean veal
1 tablespoon fat
1 large onion, diced
1 teaspoon paprika
1 cup strained tomatoes

Veal and beef mixed. Cut into 1-inch squares and brown in hot fat with the onion, salt and paprika. Add tomatoes. Cook one hour; and then one-half hour before serving, add some small potatoes. Let cook slowly closely covered until potatoes are done.

POTTED VEAL STEAK

Have veal steak 1½ inches thick. Score with large knife; pound in flour, ginger, mustard, salt, pepper and paprika. Heat 3 tablespoons fat in kettle, add meat, brown all over, add milk to cover, then cover closely. Cook slowly 1 hour or until tender and serve hot.

VEAL CHOPS—Baked

4 veal chops (bone cut short) larded on one side
2 tablespoons butter
½ pint cream
Juice of ½ lemon
1 egg yolk
Salt, pepper and flour

Season chops lightly with salt and pepper. Dip unlarded side in flour. Heat spider, add butter; when hot, add chops. Fry slowly for 20 minutes, turning to brown evenly. Remove to oven. Bake 20 minutes. Mix cream and lemon juice, pour over chops and bake 20 minutes more. Just before serving, pour sauce from pan onto well beaten yolk, mixed with a little cream. Or use sour cream in place of sweet cream and lemon juice.

SWEETBREADS

BOILED SWEETBREADS

1 lb. sweetbreads
1 pt. boiling water
½ teaspoon salt
1 tablespoon vinegar or lemon juice

Soak the sweetbreads in cold water 20 minutes, remove pipes and membranes. Cook in boiling salt water 20 minutes or until tender with lemon juice or vinegar, plunge into cold water to

harden, cut or break into small pieces and serve in White Sauce, page 120, on toast, in pattie shells, or ramikins. May be combined with chicken, mushrooms or peas.

BROILED SWEETBREADS

1 lb. sweetbreads
Salt and pepper

Parboil sweetbreads, split crosswise; sprinkle with salt and pepper and broil five minutes. Serve with Maitre de Hotel Butter, page 127.

FRIED SWEETBREADS

1 lb. sweetbreads
¼ cup bread crumbs
1 egg
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon ginger

Parboil sweetbreads; roll in fine bread crumbs, then egg and again in crumbs. Fry a nice brown in deep, hot fat or in the frying pan with a little fat.

SWEETBREADS WITH MUSHROOMS

1½ cups boiled sweetbreads (cut in cubes)
1 scant cup stewed mushrooms (cut in quarters)
1 cup cream
1 tablespoon butter
2 eggs (yolks)
Salt and pepper to taste

Heat cream in a saucepan, add butter, pepper, salt and beaten yolks stirred with a little of the cream. Cook until thick, stirring constantly, add sweetbreads and mushrooms, and serve at once on buttered toast.

SWEETBREADS IN BLANKETS

1 lb. sweetbreads
4 slices bacon

Parboil sweetbreads, remove pipes and membranes, and break into large pieces. Fold a thin slice of bacon around each piece, fasten with wooden toothpicks, brown slowly in a frying pan until crisp. Remove toothpicks and serve hot.

BAKED SWEETBREADS

1 lb. sweetbreads
¼ cup cracker crumbs
2 tablespoons fat or butter
Salt and pepper

Pour melted fat or butter over the parboiled sweetbreads, roll in cracker crumbs and bake in oven until brown, basting frequently. Serve with buttered green peas or buttered asparagus.

CALF'S BRAINS

Soak calf's brains in cold water to cover for 1 hour. Remove membrane and parboil 20 minutes in boiling salted water with 1 tablespoon of vinegar. Drain, put in cold water as soon as cold, drain and separate in small pieces. Use same as Sweetbreads.

WARMED-OVER MEATS

ROAST BEEF WITH GRAVY

Cut cold roast beef in thin slices, place on a warm platter, and pour over some of the gravy reheated to the boiling point. If the meat is allowed to stand in gravy on the range, it becomes hard and tough.

DRIED BEEF IN WHITE OR BROWN SAUCE

Chip dried beef very fine. If it is very dry or salty, pour boiling water over it, let it stand 5 minutes and press it dry in a strainer. Prepare a White Sauce, page 120, or Brown Sauce, page 121, and pour over the beef. Stir well and serve. Omit the salt from the sauce in this recipe.

½ lb. dried beef is sufficient for 1 cup brown or white sauce.

BEEFSTEAK WITH ONIONS

Slice onions thin. Place in spider with a little fat and season with salt and pepper, brown slightly, add steak, cover tightly.

When meat is hot on one side turn and heat on the other. When ready to serve spread onions on top. A nice way to warm over steak.

HASH

Remove bones and gristle and chop the meat. To each cup of meat, add 2 cups potatoes (mashed or chopped), ½ teaspoon salt and a speck of pepper. Mix thoroughly. Put 2 tablespoons butter or dripping into a fry pan, add the hash and let it cook slowly, until browned on the bottom.

A little stewed tomato or onion juice may be added.

MINCED MEAT ON TOAST

Chop cold meat (not very fine), season, add gravy or broth, or water to moisten. Heat in a frying pan. Serve hot on toast.

POTATO AND MEAT PIE

Chop cold meat, removing the bones, fat and gristle. Put the meat in a pudding dish. To each cup of meat, pour in one-third cup of gravy or one-fourth cup water. Taste, and stir in, if needed, one-fourth teaspoon salt, one speck pepper, and a few drops of onion juice or a little chopped parsley. Spread mashed potatoes

as a crust over the meat, bake on the grate of the oven until golden brown.

Or, cover closely with potato crust in which there is an opening; bake until the crust is done (about 15 minutes).

Potato Crust

2 cups of flour
½ teaspoon of salt
2 teaspoons baking powder
½ cup of shortening
1 cup of cold mashed potato
Milk or water

Sift together the flour, salt and baking powder, cut in the shortening, add the cold mashed potato and lastly the milk. Put on a floured board and roll gently.

SCALLOPED MEAT

2 cups cold meat (cooked)
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon onion juice, or parsley
3 tablespoons fat
3 tablespoons flour
1½ cups hot meat stock
2 cups bread or cracker crumbs

Make sauce with the fat, flour and seasoning, and add ⅓ cup of the hot stock and the rest gradually. Put one-half of the crumbs in a baking dish. Pour sauce mixed with meat (cut in small pieces) in dish, cover with crumbs and brown in oven 20 minutes.

RISSOULES

2 cups cooked meat
¼ cup hot water or meat stock
1 teaspoon salt
2 tablespoons cracker crumbs
1 teaspoon onion (chopped)
¼ teaspoon celery salt
⅛ teaspoon pepper
1 egg

Can use any cold cooked meats. Cut the meat off the bones, remove fat, gristle and skin; put the meat in a chopping bowl or food grinder and chop very fine, season it with salt, pepper, and a little chopped onion or celery salt. Add half as much bread crumbs as meat, moisten with a well beaten egg or eggs, or use a little thickened gravy, form into small cakes or a loaf. Put into shallow pans with a little beef drippings over the top; bake in a moderate oven about thirty minutes, a delicate brown. Serve with Tomato Sauce, page 123, or a thickened gravy.

CROQUETTES

Chop cold cooked meat into small pieces, add seasoning to taste —salt, cayenne pepper, chopped parsley; add a Thick White Sauce, page 121, and cool. Shape into small rolls and cover with crumbs, egg, and again with crumbs. Cook in deep, hot fat until brown.

CASSEROLE OF RICE AND MEAT

Steam { 1 cup rice
3 cups boiling water
1 teaspoon salt

2 cups cold cooked meat
½ teaspoon salt
¼ teaspoon celery salt
⅛ teaspoon pepper
1 teaspoon chopped onions
2 tablespoons cracker crumbs
1 egg
1 cup hot water or stock
⅛ teaspoon poultry seasoning

Steam the rice 20 minutes. Chop the meat very fine, add all seasonings, then the beaten egg, cracker crumbs, and stock, or hot water enough to moisten. Line the bottom and sides of a greased mould or small bread tin one-half inch thick with cooked rice, pack in the meat, cover closely with rice, then cover with greased paper and steam 45 minutes. Loosen around the edge of mould, turn out upon a hot platter and pour Tomato Sauce, page 123, around it. Garnish top with parsley.

TO USE RENDERED FATS

Strongly flavored fats, such as bacon, pickled meat fats and ham, may be used for warming up potatoes, seasoning vegetables, browning fish or leftover meats. Goose, duck, or chicken fat is good for spreading sandwiches, and for making pastry.

TO RENDER BEEF, GOOSE OR DUCK FAT

Cut the fat into small pieces. Put in a deep iron kettle and cover with cold water. Place on the stove uncovered; when the water has nearly all evaporated, set the kettle back and let the fat try out slowly. When the fat is still and scraps are shriveled and crisp at the bottom of the kettle, strain the fat through a cloth into a stone crock, cover and set it away in a cool place. The water may be omitted and the scraps slowly tried out on back of stove or in moderate oven. For beef fat take cod fat, cut in squares or ground. When fat is tried out, pour in crock. To every 4 pounds of beef fat, allow 1 pound butter; let dissolve in the hot fat. The butter may be omitted.

To Render Butter—See page 426.

To Preserve Goose Meat in Fat—See page 196.

CHAPTER XIV

STUFFINGS FOR MEAT AND POULTRY

BREAD STUFFING

1 qt. stale bread in pieces
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons fat drippings, melted
Heart, liver and gizzard or pork or liver sausage
⅛ teaspoon ginger
¼ teaspoon poultry seasoning
1 teaspoon chopped parsley
1 egg
½ teaspoon onion, chopped fine

Soak bread in cold water and squeeze dry. Season to taste and add the melted fat. Mix thoroughly, add the egg, slightly beaten and the onion if you wish. Add heart, liver and tender parts of gizzard, chopped fine, and partially boiled, or the pork or liver sausage.

Or, soak bread in cold water and squeeze dry. Heat fat in a spider, add the soaked bread, stir until fat is absorbed. Season to taste, add the egg, slightly beaten, and the onion cut fine.

OYSTER DRESSING FOR TURKEY

Follow recipe for Bread Dressing, above, substituting a little of the oyster liquor and 12 or more large oysters chopped coarsely, in place of the liver, heart and gizzard.

CHESTNUT STUFFING FOR TURKEY

1 qt. large chestnuts
¼ cup butter
1 teaspoon salt
1 egg
1 pt. bread crumbs or hot mashed sweet potatoes
½ teaspoon parsley, chopped
The liver, chopped fine

Shake chestnuts, in each of which a gash has been cut in the shell, in a tablespoon of melted butter, then set in the oven five or ten minutes. Remove the shells and inner skin together, and cook until tender in boiling, salted water. Drain and pass through a ricer. Add the rest of the ingredients and mix well, and additional seasonings, as onion or lemon juice and chopped parsley, according to taste. If a moist dressing be preferred, add cream or stock.

STUFFING FOR SQUABS

No. 1—(White)

2 tablespoons butter
¼ cup white bread crumbs
1 egg, well beaten
½ cup milk, or ½ cream
Pepper and salt
¼ cup almonds, blanched

Soak crumbs in milk, or milk and cream, mixed, add butter stirred to a cream, season to taste, add almonds, chopped. Enough for 3 squabs.

No. 2

2 tablespoons butter
2 eggs, well beaten
6 squab livers
Salt and pepper
Fresh bread crumbs

Cream butter; add eggs, well beaten; add the livers, finely chopped and the hearts, if desired; season with salt and pepper and add enough bread crumbs to form a soft dressing that will drop from the spoon.

No. 3

If the squabs or pigeons are stuffed with a bread stuffing, add to it a few spoonfuls of orange juice. In the pan in which the squabs were roasted, make a plain gravy with flour and water. Then add a tablespoonful of chopped parsley, 2 tablespoonfuls of orange juice, the grated rind of an orange, and salt and pepper as necessary. Strain, and serve hot. If the squabs are broiled, make a gravy the same way in a saucepan, and add a tablespoonful of meat essence, and flavor the same way.

STUFFING FOR GOOSE OR DUCK

No. 1

1 qt. stale bread, diced
Liver, gizzard and heart, chopped fine
¼ onion, chopped fine
¼ cup celery root, diced
½ cup strained tomatoes
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon ginger
⅛ teaspoon nutmeg
1 egg

Soak the bread in water and squeeze dry. Heat the fat in a spider, add bread, let fry, add other ingredients and mix well.

No. 2—Apple Stuffing

10 sweet sour apples
1 cup currants

Apples are peeled, quartered and mixed with the currants, and used as a stuffing.

PRUNE OR APPLE STUFFING

5 sour apples, or
¼ lb. prunes
1 cup bread crumbs, or
1 cup cold boiled rice
½ teaspoon poultry seasoning
½ teaspoon salt
1/16 teaspoon pepper

Follow directions for Stewing Prunes, page 334, remove stones and cut in quarters.

Peel, quarter and core the apples, and stew until half done. Add the rest of the ingredients, mix, stuff and roast.

POTATO STUFFING

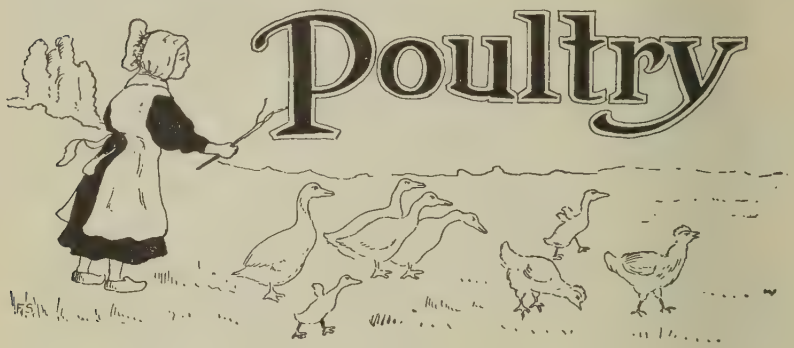
Add 2 cups of hot, mashed Irish or sweet potatoes to Bread Stuffing No. 1, page 181. Mix well and stuff in goose, veal or lamb breast, or in beef casings, cleaned and dressed.

STUFFING FOR GAME

1-inch slice wheat bread soaked in milk
2 bread rolls, grated
1 onion, chopped fine, with 3 or 4 slices bacon
1 tablespoon butter, melted
3 eggs, beaten
1 piece of lemon and orange rind
3 apples, cut in cubes
Salt and pepper to taste
A little thyme and marjoram

Mix all together and fill the night before using.

CHAPTER XV



TO DRESS AND CLEAN POULTRY

Singe by holding the chicken over a flame from gas, alcohol or burning paper.

Cut off the head, turn back the skin, and cut the neck off quite close; take out wind-pipe and crop, cutting off close to the body.

Remove pin feathers with the point of a knife. Remove oil bag from the tail.

If internal organs have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder, which lies under the liver, be not broken; it must be carefully cut away from the liver. The lungs and the kidneys lying in the hollows of the backbone must be carefully removed. Cut off tip of heart and cut open to extract any blood. Cut gizzard through to the inner coat, half way around, take off the outer coat and throw the inner bag away. The gizzard, heart and liver, constitute the giblets, and are prepared in numerous ways and may be used in making gravies and dressings for roasted poultry. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Scald feet with boiling water and pull off the skin. Place in soup kettle with giblets and other meats for soup.

Clean the chicken thoroughly inside and out. Stuff and truss for roasting, or cut into pieces for stew or fricassee.

TO CUT A CHICKEN INTO PIECES

Cut off the leg and separate at the joint into drumstick and second joint. Cut off the wing and remove the tip; separate wing at middle joint. Remove leg and wing from other side. Separate the wish-bone, with the meat which is on it, from the breast; cut through the ribs on either side and separate the breast from the back; cut the breast in half lengthwise, and the back through the middle crosswise. The side bones may be cut apart lengthwise with a cleaver. There should be twelve pieces. The neck and the tips of the wings may be cooked with the giblets, and used for making gravy.

To Carve Fowl—Place chicken, turkey or other fowl on back with head or neck at left of platter. Insert carving fork firmly across the breast bone. Cut through the skin between leg and body, bend leg over, cut off at joint. Cut off wing. Remove leg and wing from other side. Cut the breast meat in thin crosswise slices and place the pieces neatly on one side of the platter. In serving turkey, if family is small, carve but one side, leaving remainder for next serving. Divide legs at the joints. Serve dressing with a spoon. Separate the collar bone from the breast, slip the knife under the shoulder blade and turn it over. Cut and separate the breast from the back. Cut the back in two crosswise equal parts, with poultry shears, if at hand.

BOILED CHICKEN

Dress, clean and cut an old hen in pieces, or leave it whole. Add salt, pepper and ginger and allow to stand several hours or over night. Place in kettle, cover with boiling water; let simmer 3 to 4 hours, or until tender.

BOILED CHICKEN (Roasted)

Take chicken, prepare as Boiled Chicken, above, remove from the soup just as soon as tender, add salt, paprika and ginger to taste and dredge well with flour. Heat three tablespoons chicken or other fat in a roasting pan, roll chicken all over in the melted fat, place in hot oven, 10 or 20 minutes, basting often, until well browned. If browned before ready to serve, reduce heat and cover closely, to keep meat juicy. Add water to gravy and pour over the chicken.

STEWED CHICKEN

Dress, clean and cut a 4-pound chicken in pieces. Brown in two rounded tablespoons of chicken or other fat. Season with salt and paprika and cook slowly in covered kettle in a small amount of boiling water until tender.

CHICKEN FRICASSEE

3½ lbs. chicken
3 qts. boiling water
½ cup each onion, celery and carrot, diced
3 tablespoons chicken fat or butter
4 tablespoons flour
2 cups chicken stock
Salt, pepper and ginger

Dress, clean and cut the chicken at the joints, in pieces ready to serve. Add salt, pepper and ginger and allow to stand several hours or over night. Cover with the boiling water, simmer 3 hours, add vegetables, cook until tender. Melt fat or butter in frying pan, add flour, and gradually pour on the chicken stock or liquor. Stir to prevent lumps, season to taste and pour over chicken. Let cook a few minutes and serve with dumplings or biscuits. A good way to prepare old chicken or fowl, as they are always made tender by long, slow cooking.

Or, season chicken with salt and pepper, add a red pepper (seeds removed), a sliced onion, ½ clove of garlic, minced, if desired, ¼ cup diced celery, 2 bay leaves. Cover with boiling water and let simmer until tender. Drain and serve with Cream Sauce, page 121, and boiled rice.

CHICKEN EN CASSEROLE

3½ lbs. young chicken
Salt, pepper and ginger
¼ cup strained tomatoes
2 tablespoons fat or butter
2 tablespoons flour

Dress, clean and cut chicken at the joints in pieces for serving. Season with salt, pepper and ginger to taste. Dredge with flour and fry in hot fat until brown. Add, if desired, a little sliced onion and a piece of celery and carrot and the strained tomato. Place in casserole, covered, and put in slow oven, or over very small flame. Simmer one hour or until tender and slightly browned. Add a little hot water if porcelain casserole is used to avoid cracking, Or, place in inset pan of pressure cooker, page 18, and let steam 15 minutes. Serve hot.

CHICKEN A LA MARYLAND

Dress, clean and joint young chicken for serving. Season with salt and pepper, dip in flour, egg, slightly beaten, and crumbs, place in well greased dripping pan, and bake 20 minutes in hot oven, 480° F. Reduce to 275° and bake until tender, basting every 5 minutes with ⅓ cup melted butter. Arrange on platter and pour over two cups White Sauce, page 120.

CHICKEN AND RICE

No. 1

3½ lbs. chicken
3 qts. boiling water
1 cup rice
Salt and pepper

Select a fat, yellow skinned chicken. Clean and joint. Season with salt and pepper and let stand several hours. Place chicken in kettle, pour boiling water over and cook slowly several hours, until almost tender; add the rice and boil all together ½ hour longer or until tender. Serve hot on large platter.

No. 2—Hungarian

3½ lbs. fat yellow chicken
Boiling water
¼ cup chicken fat
1 medium onion, chopped
1 cup rice
Salt and paprika

Dress, clean and cut chicken in pieces to serve. Salt and let stand several hours.

Heat fat in iron kettle, add onion, fry golden brown and set aside. Then fry chicken in the fat and when nicely browned, add paprika to taste and boiling water to cover and let simmer about 1 hour.

Soak rice in cold water, drain, add the fried onion and 1 teaspoon salt and gradually 3 cups of the chicken broth, more if necessary. When nearly done add the chicken and finish cooking in a slow oven ½ hour.

CHICKEN PAPRIKA

3½ lbs. chicken
¼ cup butter or fat
Salt and pepper
1 teaspoon salt
1 teaspoon paprika
1½ cup milk or hot water
¼ cup flour

Heat fat in iron kettle, add chicken, cut at joints, salted, peppered, and rolled in flour mixed with paprika. Brown, add hot water or milk and let cook slowly on top of stove or in oven, well covered, 2½ hours or until tender.

CHICKEN WITH MUSHROOMS

3 lbs. young chicken
¼ cup butter
1 small onion
2 teaspoons salt
Paprika
1 lb. fresh mushrooms

Dress, clean and cut chicken at the joints and season. Heat butter in deep frying pan, add onion, and chicken, and cook to a

golden brown. Cover tightly and let cook very slowly 1¼ hours, or until tender. Wash mushrooms well, cook in boiling salted water 5 minutes, then add to chicken and cook altogether, slowly, 15 minutes longer. Serve hot on platter.

If desired and when almost tender, add ½ cup cream. Place in a slow oven and bake 10 to 15 minutes longer. Turn meat several times in sauce while baking, and serve.

BROILED SPRING CHICKEN

Take a very young spring chicken of about 1 to 1½ pounds. Clean and split down the back, break the joints and remove the breast bone. Remove internal organs and clean thoroughly. Sprinkle with salt and pepper and rub well with soft butter. Place in broiler and broil 20 minutes over a clear fire, or under the flame in broiling oven of gas stove, being careful to turn broiler that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of the time, as the skin side will brown quickly. Remove to hot platter and spread with hot butter.

Or, chicken may be placed in dripping pan, skin side down, seasoned with salt and pepper and spread with soft butter and bake 15 minutes in a hot oven and then broiled to finish.

FRIED SPRING CHICKEN

No. 1

1½ lb. spring chicken — Salt and pepper
¼ cup butter, or poultry fat — Flour and ginger

Season chicken with salt, pepper and ginger. Dredge with flour and fry it in plenty of hot fat in a frying pan until tender and brown, being careful not to burn.

No. 2

1½ lb. spring chicken — 1 egg
Salt, pepper and cracker crumbs

Dress, clean and cut for serving at the joints or in half, through back and breast bone, and season with salt and pepper. Dip each piece in cracker crumbs. Let stand 10 minutes, then in egg (slightly beaten), again in crumbs and fry in deep, hot fat, or in a frying pan with butter, until a golden brown.

No. 3

1½-lb. chicken — ¼ cup butter or poultry fat
Salt, pepper — Bread crumbs

Season chicken and rub well with softened fat, cover with fine bread crumbs, place in a pan and bake in hot oven ½ hour.

No. 4—Chicken, Creole Style

3½-lb. fat chicken
Salt, pepper and paprika
¼ cup chicken fat
1 onion, sliced
1 cup rice
1 can tomatoes
1 green pepper, seeds removed

Dress, clean and cut chicken in pieces to serve. Season with salt, pepper and paprika, brown onion in the chicken fat, add chicken, brown lightly, cover and let simmer 1 hour. Add the rest of the ingredients, place in casserole, cover and bake 1 hour in a moderate oven or until tender.

CHICKEN SPANISH

4-lb. fat chicken
Salt, pepper and paprika
1 Spanish onion, sliced
¼ cup chicken fat or butter
1 can tomatoes
1 celery root or stalk in small cubes
1 green pepper, seeds removed
1 can mushrooms
1 can peas, drained
3 carrots, chopped fine

Dress, clean and cut the chicken in pieces to serve. Season with salt, pepper and paprika. Heat fat, add onion and brown, add chicken, brown lightly, and let cook very slowly in covered casserole about one hour. Add tomato, carrots, celery and pepper, cover again and let cook until tender. 10 minutes before serving add the mushrooms and peas. Season to taste.

1 cup potato balls or cubes may be added, to the vegetables, allowing time for cooking.

CHICKEN CHOP SUEY FOR 15 PEOPLE

2½-lb. young chicken, raw
1 lb. lean veal in cubes
½ lb. lean pork in cubes
1 large bunch celery
1 onion, chopped
½ cup chicken fat, olive or peanut oil
1 lb. Chinese chestnuts
½ can bamboo shoots
1 can broken mushrooms
1 lb. bean sprouts
2 tablespoons salt
¼ teaspoon pepper
Chinese sauce
¼ cup cornstarch softened in 3 tablespoons cold water

Take breast and any other large piece of meat from chicken, cut in thin strips, add salt to fat, when hot add chicken, pork and veal, let simmer slowly, cover well, add water, if necessary, cook until tender. Have chestnuts peeled and sliced fine, celery, bamboo shoots, cut in 2-inch pieces, crosswise, then sliced lengthwise and then into thin strips. Onions sliced and cut into strips, add all to hot meat, together with mushrooms, cover and let cook

10 minutes. Add bean sprouts, washed and picked over, the softened cornstarch, salt and pepper to taste. Cover and simmer 5 minutes and serve hot with Chinese Rice, page 39.

See also Chop Suey, page 260.

CHICKEN A LA KING

3½-lb. young chicken
1 can broken mushrooms
1 large green pepper
1 pimento, cut
1 can peas
1 can asparagus tips
½ cup chicken fat or butter
½ cup flour
2 cups chicken soup
½ cup cream
Salt and pepper
2 yolks of eggs

Stew the chickens, page 185, take the large white and dark pieces, cut with scissors in thick strips 2 inches long, cut peppers in thin strips, pimento in small pieces. Drain the mushroom and peas. Heat the fat in a spider, add flour, when bubbling, add soup, stir until thick and smooth, season with salt, pepper and paprika, add liquid from the mushrooms, stir and to ½ of this sauce add the chicken and place where it will keep hot. To the rest of the sauce add the cream, stir until smooth, add the peppers, peas, mushrooms, pimentos, and just before serving the yolks of 2 eggs, first dissolved with a little of the hot sauce. Put chicken with gravy in large serving platter, on top of this add mushrooms and pepper mixture. Garnish with asparagus tips in pepper rings, placed at equal distances around the edge of the platter.

Or, the peas and the canned mushrooms may be omitted. Decorate with asparagus tips, 4 canned artichoke hearts, sliced, and fresh Sauted Mushrooms, page 214, all well heated and serve at once. May be made in chafing dish and served on toast.

SUPREME OF CHICKEN

3 spring chickens, breast and wings
½ cup poultry fat or butter
¼ lb. mushrooms, sauted
Cream or Hollandaise Sauce
Force meat.

Remove skin from the breast of the chickens. With a sharp knife cut through the flesh, close to the wishbone, along the breast bone and around the wing joint and remove the solid white breast meat. Reserve the smaller pieces, next to the bone, and the white meat of wings for the force meat, directions below. From and through the thin side of the larger pieces of breast meat (raw), cut an opening 3 inches long and 1 inch deep and fill this pocket with the following Force Meat. Close the opening, roll and tie in shape.

Wet the top slightly, brown lightly in the hot fat and add a little cream. Cover the pan, place in the oven and bake 15 minutes or until tender. Remove strings and serve with Sauted Mushrooms, page 214, and Cream, page 121, or Hollandaise Sauce, page 125.

Force Meat—Grind the raw white meat left over, add half the quantity of bread, soaked and pressed dry, ½ teaspoon salt, a few drops of onion juice, little pepper, 1 tablespoon soup stock, egg and 4 mushrooms and 2 truffles, all sliced fine and mixed.

Liver or pork sausage meat may be used in place of the chicken meat and seasoned to taste.

FILLETS OF CHICKEN

3 young chickens, breasts and wings
½ cup butter or poultry fat
Thin slices raw ham
¼ lb. mushrooms, sauted
Hollandaise Sauce

Remove skin from breasts of 2 or 3 young uncooked chickens. With a sharp knife, cut through the flesh, close to the bones and remove the breasts or fillets, leaving the lower wing joints with the meat attached to the larger fillets. Sprinkle with salt and paprika, dip in cream, roll in flour, and fry lightly in two tablespoons butter. Place the small fillets on the large fillets and arrange in a small greased pan, dot with bits of butter, cover with buttered paper and bake from 10 to 15 minutes, or until tender in a hot oven, basting with the hot fat in the pan. When ready to serve, place each fillet on a hot thin slice of fried ham, shaped like fillet, garnish with Sauted Mushrooms, page 214, and pour around Cream Sauce, page 121 or Hollandaise, page 125.

TO TRUSS CHICKEN

Tie end of skin of neck with string, leaving two long ends and pull it over the back. Turn wings back and legs to front, close to body. Draw string up, on each side over legs, cross it and tie legs down under and around the tail.

ROAST CHICKEN OR CAPON

Dress, clean and season chicken. Place it on its back in a dripping pan, with two tablespoons fat, or place in roaster. Dredge with flour and place in hot oven, 475° F. When the flour is well browned, reduce the heat to 325° F.; then baste every 15 minutes with ¼ cup of fat, dissolved in ½ cup boiling water. Turn chicken frequently, or place in patent roaster. When the breast meat is tender, it is done. A 4-pound chicken requires 2 hours.

Gravy—Pour off liquid from pan in which chicken has been roasted. Skim off 4 tablespoons fat; return fat to pan and brown with 4

tablespoons flour; add 2 cups stock in which giblets, neck and tip of wings have been cooked. Cook 5 minutes; season with salt and pepper, add giblets chopped, and serve hot with the chicken.

CHICKEN POT PIE

Dress, clean and cut a 4-pound chicken in pieces and stew or boil as in recipe above. Make Brown Sauce, page 121, using the chicken stock and doubling the recipe.

Put chicken in baking dish, pour over the sauce, cover with a crust made of Baking Powder Biscuit dough, page 73. Roll dough ½ inch thick, cut small slits in it for steam to escape and bake in a hot oven, 450° F. for 20 minutes or until crust is brown and well done. Leftover pieces of beef, veal, lamb and the like may be utilized this way.

PIGEONS OR SQUABS EN CASSEROLE

6 squabs or pigeons
1 sprig parsley
½ carrot
1 onion
1 bay leaf
12 mushrooms
1 tablespoon catsup
2 tablespoons sherry wine substitute

Dress and clean birds, leaving them whole. Season with salt, pepper and paprika. If pigeons are used, parboil slowly two or three hours. Stuff, if desired, page 182. Place in casserole, with vegetables, add the soup stock, cover and cook slowly one hour or longer on stove or in oven until tender and browned. Heat one tablespoon butter, add one tablespoon flour, when light brown, add the sauce from the birds; cook until smooth, remove from the fire and add Mushrooms Sauted, page 214, sherry and catsup. Pour all over the birds, return to the fire, and when hot, serve in the casserole.

BROILED SQUABS

Remove feathers and pin feathers, cut along the backbone with a small, sharp knife, being careful not to cut the entrails. Remove contents of body without breaking lungs, kidneys, crop and windpipe. Wet cloth in warm water to which a little soda has been added (½ teaspoon to 1 quart), wipe inside and outside, and then wipe dry. Season with salt and pepper. Flatten breast bone and place bird in wire broiler with skin side near flame. Turn and broil 12 to 15 minutes until well done. Serve on buttered toast.

ROASTED SQUABS

Prepare Stuffing for Squabs No. 2, page 182. Cut off head close to neck. Clean and draw. Remove crop carefully. Loosen skin from breast, with fingers, from wishbone almost down to bottom of breast bone to form a pocket for the stuffing. Drop dressing from teaspoon down through opening at top of neck and fill pocket and neck. Tie at the top. Fasten legs to the back. Place squabs close together in a pan with butter over the top. Place in hot oven the first 5 minutes, reduce heat and bake ¾ hour or until tender, basting frequently.

GOOSE, DUCK AND TURKEY

ROAST GOOSE OR DUCK

Clean, singe, draw goose or duck and prepare same as for Roast Chicken. Cut open the gizzard, clean well and pull off the inner skin. Fry liver, page 195. Cut off top point of heart, squeeze out the blood and cut open on one side. Season all with salt, pepper, ginger and rub over with a little garlic, if desired. Stuff goose with Dressing, page 182. Place in a roasting pan on a rack and set in hot oven, 500° F., for ½ hour, reduce heat to 300° F.

If fowl is young and fat, have no water in the pan; if old, add a little water while basting. Cover pan and brown fowl on one side, turn and brown on the other. Prick the fat skin with a fork from time to time to let the fat try out. Roast from 1 to 4 hours or until the meat on breast and legs is tender to the touch. Skim most of the fat from pan, add 2 tablespoons flour and 1 cup of hot water to form a gravy. Cover and keep hot. Serve hot with Apple Sauce. If goose is fat, stuff with Apple Stuffing, page 182.

GAENSEKLEIN OR FRICASSEED GOOSE

Back, wings, neck, gizzard and heart of goose
Salt, pepper, ginger
½ onion, sliced
A clove of garlic, minced
2 tablespoons fat
2 tablespoons flour
1 cup goose broth
1 teaspoon chopped parsley
A piece of celery root

Season meat well with salt, pepper, ginger and, if desired, rub over with a little garlic. Let stand over night. Then place in a kettle with boiling water to cover, let simmer slowly several hours, add onion and celery, let boil 2 hours and when meat is tender remove from kettle, reheat and pour over the following

sauce. Heat the fat, add flour and then 1 cup of the hot goose broth, let boil until smooth, season to taste, add the chopped parsley and serve hot, with Dumplings or Spatzen, page 235.

CHICKEN LIVER SAUTED

3 or 4 livers from chicken or other fowl
1 onion, cut up fine
½ teaspoon salt
⅛ teaspoon paprika
½ cup strong soup stock
1 tablespoon butter

Cut each liver in 4 pieces, salt, pepper, and dredge well with flour. Fry onion in butter until light brown. Put in liver and shake pan over fire to sear all sides. Add soup stock. Allow it to boil up once. Serve immediately, on toast if desired. Onion may be omitted.

CHICKEN LIVERS AND MUSHROOMS

4 chicken livers, cut
6 mushrooms, diced
2 slices bacon, cut small
1 teaspoon flour
¼ cup cream
Toast

Fy bacon in spider, add livers and mushrooms, season with salt and pepper, let cook 4 minutes. Stir in flour mixed with cream, when smooth, serve on toast.

FRIED GOOSE LIVER

Remove gall bladder carefully from liver, let stand in cold, salted water several hours, drain and place a small amount of sugar where gall has been. Place in saucepan with hot goose grease to half cover. When browned on one side, turn and brown on the other. If cooked too long they become dry.

BRAISED BREAST AND LEGS OF GOOSE

Sew the skin of the neck of a goose over the breast, having removed original skin to use for Greben, page 195, and for rendered fat. Place breast and legs of goose in spider with hot fat; when nicely browned add a little boiling water, cover closely and let simmer until tender and adding water when evaporated. The skin of neck may be omitted if desired for any other purpose. Serve hot with apple sauce.

STUFFED GOOSE NECKS

Skin of goose's neck or beef casings
Bread dressing
1 onion, sliced
Scraps of raw goose meat

Buy beef casings of the butcher or carefully remove skin from neck of goose. Tie up the small end and stuff with Bread Dressing, page 181.

Or, use goose fat and add scraps of raw goose meat ground fine. Sew up securely with coarse thread; place in an iron kettle, cover with a little water, add onion slices, set in the oven, baste occasionally—and bake until crisp and brown. Serve hot.

STUFFED GOOSE NECKS, Russian Style

Remove skin from neck of goose, duck or chicken in one piece. Wash and clean well and stuff with same mixture as for Kischtke, below. Sew at both ends and roast in hot oven until well browned.

KISCHTKE, Russian Style

Buy beef casings of butcher. Make a filling of fat, flour (using ⅓ cup fat to 1 cup flour) and chopped onions. Season well with salt and pepper and fill the casing. Slice two large onions in a roasting pan and 1 cup of boiling water. Place stuffed casing in pan and roast slowly until well done and well browned. Baste frequently with liquid in pan.

SMOKED GOOSE

Breast and legs of goose
Filled neck
⅓ lb. salt
1 teaspoon saltpetre
1 tablespoon sugar

Remove wings, legs, skin or fat of a goose. Separate breast and back, remove internal organs and clean thoroughly. Place breast, legs and skin of neck to one side.

Scrape the meat carefully from the bones of neck, back, etc., of the goose, remove all tendons and tissues and chop very fine.

Fill this in the skin of the neck and sew up with coarse thread on both ends. Season legs, breast and filled neck with salt. Rub well with garlic, sugar, salt and saltpetre. Place in a stone jar. Cover with a cloth and put weights on top—keep under brine. Put aside for 7 days, turning occasionally. Take out of the brine and cover with gauze and send to the butcher to smoke. When done, serve cold, sliced thin. Nice for sandwiches.

GOOSE GRIEBEN—CRACKLINGS

The fat skin of goose, cut in squares and fried, are called grieben.

Take goose that is too fat to roast; clean thoroughly, and wash in cold water. Remove wings and legs at the joints. Separate skin from rest of the goose, close to the meat.

Cut the skin into 2-inch (or larger) scraps, together with the fat that lies loosely over the entrails. Scrape the fat carefully from the intestines and render separately.

Sprinkle salt over all and let lie over night. Next morning wash and drain; place in deep kettle with several cups of cold water, on a hot stove, and let cook gently for one or two hours, keeping it well covered. If crisp Grieben are desired, leave them in fat until well browned. Place strainer over the fat crock to catch the clear fat and let grieben drain. If too greasy, place in baking pan in oven a few minutes. Serve at lunch with rye bread.

GOOSE MEAT, PRESERVED IN FAT

If too fat to roast, render the fat of goose, remove and cut the skin into small pieces. The scraps, when brown, shriveled and crisp are then "Grieben," and are served hot or cold. When fat is nearly done or clear, add the breast and legs of goose, previously salted, and boil in the fat until tender and browned. Place meat in crock and pour the clear, hot fat over it to cover. Cool. Cover crock with plate and stone and keep in a cool, dry place. Will keep for months. When ready to serve, take out meat, heat, and drain off fat.

To Render Goose Fat—See page 180.

ROAST TURKEY

Dress and clean turkey as for Roast Chicken, page 191, and follow any desired recipe for stuffing, page 181. Tie down the legs and rub entire surface with salt. Spread breast, legs and wings with ⅓ cup butter or fat creamed and mixed with ¼ cup of flour. Place in a roaster, cover, put in hot oven, 500° F., for 15 minutes, reduce heat to 275° F., and roast 3½ hours, or until tender.

Or place in a large dripping pan on rack. Dredge bottom of pan with flour. Place in a hot oven, and when flour on the turkey begins to brown, reduce the heat and add 2 cups of boiling water and baste with ¼ cup of fat in ¾ cup of boiling water. When this is used up baste with the fat in the pan. Baste every 15 minutes until tender; do not prick with a fork.

Press with the fingers; if the breast meat and leg are soft to the touch, the turkey is done. If the oven is too hot, cover the pan; turn the turkey often, that it may brown nicely. Remove strings and skewers and serve on hot platter with Cranberry Sauce, or Cranberry Jelly, page 333.

GAME

MUD HENS

Tie the neck of the hens, then make a slit over the breast, piercing only the skin. Pull the skin, plumage and all from the body of the fowl. Draw, wash thoroughly and let soak about 3 hours in water to which has been added a handful of salt and ½ cup vinegar. Wash again and in each hen, place a piece of onion and apple. Tie with cord, so fowl retains its shape. Cover with cold water and let boil about 10 minutes. Drain, add salt, pepper and paprika to taste and tie a piece of bacon on breast of each fowl. Heat 1 tablespoon butter in deep kettle, place hens in this, breasts downward. Cover well and cook gently from 1½ to 2 hours or until tender. Add water to giblets and let boil until reduced to ¾ cup of stock, gradually add this to the hens the last 15 minutes. Add 2 tablespoons thick sour cream to gravy. Let boil up and serve.

ROAST WILD DUCK

Clean well and draw. Season with salt, pepper, add 1 tablespoon vinegar and place an onion inside. Let stand over night. Remove onion, fill with Stuffing for Game, page 183. If duck is tough, cook slowly in boiling water until tender. Season with salt and pepper, dredge with flour and place in roasting pan with 2 tablespoons fat; place in hot oven and roast until nicely browned, basting often. Serve with Venison Jelly, page 546, or Jelly Sauce, page 122.

QUAIL

Follow recipe for broiled squab or chicken, pages 192, 188, allow 10 to 20 minutes for cooking. Place on toast garnished with parsley. Serve with currant jelly. If tough, prepare as Pigeons en Casserole, page 192.

ROAST PARTRIDGE

Pick, draw and wash the birds, bind them with thin slices of bacon. Place in pan just large enough to hold them, and roast 15 minutes in a hot oven. Remove bacon, salt lightly, place in oven to brown on both sides. Serve with gravy, page 191, or when done pour over 1 cup of cream and sprinkle bread crumbs, browned in butter over the top.

GUINEA HENS

Clean, stuff and roast as chicken, page 191. Serve with Currant Jelly.

Prepare Guinea Hen Breasts same as Fillets of Chicken, page 191.

VENISON

Prepare venison roast as Roast Lamb, page 172, allowing less time that it may be cooked rare. Venison cutlets are prepared as other cutlets, rolled in bread crumbs and broiled 5 minutes in broiler or fried in a little hot fat in spider. Serve with Jelly Sauce, page 122, or Venison Jelly, page 546.

Saddle of venison is prepared same as Hasen Pfeffer, recipe on following page, or as Beef a la Mode, or Sauerbraten, page 165. The tougher parts may be stewed or braised.

BROILED VENISON STEAK

Follow recipe for Broiled Beef Steak, page 157. Serve with Maitre d'Hotel Sauce, page 127, using currant jelly instead of lemon juice; venison should be cooked rare always.

RABBITS

Rabbits are cooked same as chicken—stewed, fricasseed or baked.

Belgian Hare Fricassee—Skin and remove the fine skin from the meat. Cut in joints for serving and roll each in flour that has been seasoned with salt and pepper. Cook several slices of fat salt pork in a frying pan, removing them as soon as dry and laying aside.

Brown the joints of hare in the fat tried out from the pork, having it very hot, that they may brown quickly. Cover closely and set back to cook till tender in their own steam.

Pour off all the fat from the pan, and dissolve the glaze in a very little water; this to be served in the platter with the hare. Send to the table with gooseberry jelly or any very tart jelly and Horseradish Sauce, No. 2, page 129.

Hasen Pfeffer—Lay the rabbit meat in a jar and cover with vinegar and water, equal parts; add one sliced onion, salt, pepper, cloves and bay leaves. Allow this to soak two days. Remove the meat and brown it thoroughly in hot butter, turning it often, and gradually add the sauce in which it was pickled, as much as is required. Let simmer about a half hour or until tender. Before serving, stir one cupful thick, sour cream into the sauce. Beef may be prepared the same way. (Sauerbraten, page 165.)

CHAPTER XVI

Vegetables

TIME TABLE FOR COOKING VEGETABLES

Potatoes, white	20 to 30 m.
Potatoes, sweet	15 to 25 m.
Asparagus	15 to 25 m.
String Beans,	20 m. to ½ hr.
Beets	45 m. to 2 hr.
Cabbage	20 to 30 m.
Turnips	30 to 40 m.
Onions	30 to 60 m.
Parsnips	15 to 45 m.
Green corn	2 to 5 m.
Cauliflower	20 to 25 m.
Tomatoes	15 to 20 m.

GENERAL RULES FOR VEGETABLES

Vegetables of all kinds and especially the green, leafy varieties, are rich in that something called "vitamins" and should be used freely to promote the health and prolong the life of the family.

Serve plenty of raw vegetables, such as lettuce, celery, radishes, grated carrots, cabbage, dandelion greens, water cress and the like.

Wash vegetables thoroughly. Soak in cold water to crisp and freshen, before peeling. Scrape thin skinned vegetables, and peel the thick skinned ones very thin, or remove the skin after cooking, to preserve the mineral salts which lie under the skin.

Vegetables may be cooked by baking, steaming or boiling in water. They should *only* be cooked until tender. Long and slow cooking without water or in a small quantity of water preserves most of the nutrients, but destroys the color and flavor in green and some of the white vegetables. The little loss in actual food value is, however, more than made up when the food is more attractive and palatable.

To Preserve Color in green vegetables, such as spinach, brussels sprouts, asparagus and green beans, as well as white vegetables like onions, cauliflower and cabbage, cook in the *shortest possible time* and only until tender. Drop vegetables gradually in large amount of rapidly boiling salted water, in an open kettle, and keep boiling throughout the cooking period. Drain, add butter and seasoning. Reserve liquid, boil down, use for sauce or for soup or to boil up any of the leftover vegetable.

Vinegar or other acids will turn bright-green vegetables to a brownish color. Salting vegetables before or while cooking may harden the fibers, but it improves the flavor. Add 1 teaspoon salt to 1 quart water in boiling; sprinkle ½ teaspoon over 1 pound vegetable while steaming. Winter vegetables must be kept in a dark, cold place and watched carefully, breaking off sprouts.

To destroy odor of cabbage and cauliflower while cooking, place a thick crust of wheat bread in kettle on top of vegetable just when it begins to boil.

When vegetables are served with a sauce, put in a hot serving dish and pour the sauce over them.

When using *canned vegetables*, empty contents of can at once and let stand one hour before using. With modern commercial canning methods, the liquid in the can may safely be used.

ASPARAGUS

Green Asparagus—Wash carefully 2 bunches of green asparagus. Snap off lower tough ends of stalks. Remove scales. Retie, cook in a large amount rapidly boiling salted water in an open kettle for 15 minutes or only until tender, leaving tips out of water the first 10 minutes. Drain. Serve with melted butter, White Sauce, page 120; Cream Sauce, page 121; or Hollandaise Sauce, page 125; or pour over them a few bread crumbs browned in hot butter.

White Asparagus—Stalks must be white at tips. If pink they are apt to be bitter. Snap off tough ends. Cut away thick skin at lower end. Parboil, drain, add fresh boiling water and cook rapidly until tender. Add salt, butter or any other desired sauce, as above.

Canned Asparagus—Open can and pour contents at once from tin. Let stand one hour before using. Place on stove over slow fire in the liquid from the can and heat thoroughly. When ready to serve, drain and arrange carefully on hot platter and serve same as fresh asparagus, hot on toast or cold with salad dressing, or with Hollandaise Sauce, page 125.,

To Serve Asparagus—Serve asparagus tips in pepper rings or rings of lemon or orange rind; or in rings made of stale, toasted, French rolls, with the ends and centers removed. Serve very hot.

ARTICHOKES—French or Globe

French artichokes have a large scaly head, like the cone of a pine tree. The flower buds are used before they open.

The edible portion consists of the thickened portion at the base of the scales and the receptacle to which the leaf-like scales are attached. These receptacles are the "bottoms." The parts of the flower in the center of the bud are called the choke and must be removed. When the artichoke is very young and tender the edible parts may be eaten raw as a salad. When it becomes hard,

it must be cooked. When boiled it may be eaten as a salad or with a sauce. The scales are pulled, with the fingers from the cooked head, the base of each leaf dipped in the sauce and then eaten.

The "bottoms," which is the most delicate part, may be cut up and served as a salad or stewed and served with a sauce.

ARTICHOKES, BOILED

3 large or 6 small artichokes
4 quarts water
3 tablespoons salt
2 tablespoons vinegar

Boil ½ hour or until leaves easily pull out.

With a sharp knife cut off the points of the artichoke about 1½ inches. Boil in the water, vinegar; add salt. Remove from liquid, cut each artichoke in half and remove the white fuzzy fibre or "choke." Drain well. Serve in a dish with French Salad Dressing or Vinaigrette Sauce, page 276, or Tartare Sauce, page 128. The artichokes may be eaten either hot or cold. If eaten hot, serve with melted butter or Hollandaise Sauce, page 125.

ARTICHOKE SAUTES

Cut six fine, green artichokes into quarters and remove the chokes. Trim the leaves neatly and parboil them five minutes in salted water, drain. Lay them in a casserole, season with salt, pepper and ¼ cup butter; ¼ cup mushrooms, chopped fine, may be added. Cover and cook in a moderate oven twenty-five minutes. Serve with any desired sauce. Hollandaise, page 125, is best.

ARTICHOKES—Jerusalem

Jerusalem Artichokes look like small potatoes, but are not so mealy.

Wash and scrape them and soak two hours in cold water and a little vinegar. Drain. Cover with boiling water and boil until nearly tender. Add salt. Watch closely and drain immediately or they will harden again. Or, boil with the skins on and when tender, peel. Serve with White Sauce, page 120. Or follow recipe for Potato Salad, page 287, using Artichokes in place of potatoes. Decorate with endive.

BAKED BEANS

1 qt. navy beans
½ lb. fat salt pork or
1½ lbs. brisket of beef
½ tablespoon mustard
1 tablespoon salt
2 tablespoons molasses
3 tablespoons sugar
1 cup boiling water

Wash, pick beans over, cover with cold water and let soak over night. In the morning cover with fresh water, heat slowly and

let cook just below the boiling point until the skins burst, which is best determined by taking a few on the tip of the spoon and blowing over them; if done, the skins will burst. When done, drain beans and put in pot with the brisket of beef. If pork is used scald it, cut through rind in ½ inch strips, bury in beans, leaving rind exposed. Mix mustard, salt, sugar, molasses and water and pour over beans and add enough more water to cover them. Cover pot and bake slowly six or eight hours. Uncover pot the last hour so that pork will brown and crisp.

DRIED LIMA BEANS, BAKED

1 lb. Lima beans — Salt and paprika
Salt pork, or back or neck of a fat chicken

Wash beans thoroughly, let soak in lukewarm water to cover for two hours, or until skins wrinkle. Drain, add fresh warm water, bring quickly to the boiling point, then let simmer 1 hour or until tender. Add salt and paprika. Heat 2 tablespoons poultry or beef fat in spider, add two tablespoons flour, when brown add a cup of the bean liquid, and the beans. Let simmer and bake in casserole ½ hour. Add more bean liquid if necessary.

GREEN LIMA BEANS

Cover 1 quart of the shelled beans with boiling water. Place on the fire where they will boil up quickly, then simmer until done. When tender pour off a part of the water. Season with a teaspoon of salt and 2 heaping tablespoons butter.

DRIED BEANS, BOILED

1 quart dried beans — Brown Sauce, or
1 tablespoon salt — Sweet and Sour Sauce

Pick over and wash beans. Soak over night in cold water. Drain, cover with fresh salted cold water. Heat slowly, let cook just below the boiling point until tender, adding hot water if necessary. Drain and reserve one cup of liquid. Make a Brown Sauce, page 121, or Sweet and Sour Sauce No. 1, page 124, using the bean liquid; pour over the drained beans and serve hot. For Brisket of Beef with Beans, see page 166.

BEANS AND BARLEY

Soak ½ cup navy beans in cold water over night. Drain and cook in 1 quart boiling water until tender but not broken, add ½ cup barley, 2 teaspoons salt, and let cook slowly until barley is almost tender, about ½ hour. Add fat soup stock as water evaporates. Season to taste and bake in medium oven about ½ hour or until dry but not browned.

LIMA OR KIDNEY BEANS, MEXICAN STYLE

⅔ cup cooked dried beans
1 slice green pepper, chopped
1 slice of onion, chopped
1 tablespoon fat
½ teaspoon salt
1 cup strained tomato

Melt fat, add chopped vegetables and cook a few minutes, add tomato and seasonings and a little garlic, if desired. When mixture boils, add beans. Let simmer for 15 to 30 minutes. Just before serving, add chopped parsley.

BEAN LOAF

1 pint cold (cooked) beans
1 egg, well beaten
2 tablespoons tomato catsup
1 cup bread crumbs
1 tablespoon chopped onion
Salt and pepper to taste

Combine ingredients, shape into loaf, and bake 25 minutes. Serve with strips of broiled bacon on top.

BROCCOLI

Broccoli is a vegetable of the cabbage family. It has leafy stalks topped with green flowerets. Wash well, cut off tough ends of stalks, leave whole or cut into inch pieces. Steam, or cook in an open kettle in a large amount of rapidly boiling salted water *only* until tender. Drain and serve with hot butter, White Sauce, page 120, or Hollandaise Sauce, page 125.

STRING BEANS

Wash beans, remove strings and cut on slant in ½ inch pieces. Cook in an open kettle in a large amount of rapidly boiling salted water *only* until tender (20 to 30 minutes). Drain and add White Sauce, page 120, or salt, pepper and butter. Or take two tablespoons butter, melt, and add two tablespoons flour; then one cup of hot liquid in which the beans were cooked; add salt and pepper to taste.

SWEET AND SOUR STRING BEANS

No. 1

1 qt. wax beans
1 teaspoon salt
1 tablespoon flour
2 tablespoons of butter
2 tablespoons sugar
2 tablespoons vinegar or lemon juice
Salt and pepper to taste

Wash, string and cut beans in pieces. Cook in boiling water until tender, from ½ to 1 hour. Add salt when nearly done. Drain and reserve 1 cup of the bean water for the following sauce: Melt butter, add flour, then the bean liquid or soup stock and bean water mixed; then the rest of the ingredients to taste. Add the boiled beans and serve hot.

No. 2 SWEET AND SOUR STRING BEANS

1 qt. wax beans
1 teaspoon salt
1 tablespoon flour
1 qt. boiling water
½ cup granulated sugar
¼ cup vinegar
Salt and pepper to taste

Wash, string and cut beans in pieces. Cook in rapidly boiling salted water until tender.

Drain and reserve 1 cup of the water in which beans were cooked for the following sauce. Heat and melt the sugar in a dry, hot frying pan, stir in the flour and mix well, then add gradually the hot water drained from beans, vinegar, salt and pepper to taste. When smooth, add the boiled beans. Serve hot.

STRING BEANS AND TOMATOES

1 qt. string beans
1 cup strained tomatoes
2 tablespoons butter or fat
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
2 tablespoons flour

Cut off both ends of the beans, string them carefully and break into pieces about 1 inch in length and cook in boiling, salted water, until tender. Reduce the liquor to about ½ cup.

Heat the butter, add the flour and seasoning and add the strained tomatoes; cook until smooth and pour this sauce over the beans; let cook slowly for about 15 minutes and serve hot.

BOILED BEETS

Wash beets, cut off leaves, leaving one inch stem and root (to preserve color) if leaves are fresh, prepare as Spinach, page 220. Cook in boiling water until tender. Young beets will cook in 1 hour, old beets from 3 to 4 hours. When cooked put them in a pan of cold water and rub off the skin. Young beets are cut in quarters and served hot with butter, salt, pepper and hot vinegar, or with Sweet and Sour Sauce No. 1, page 124. Old beets are sliced and pickled in vinegar.

Can young beets for the winter, pages 586, 590.

PICKLED BEETS

1 qt. cold, boiled beets
1 teaspoon salt
⅛ teaspoon pepper
1 pint vinegar

Slice the beets, place in a stone jar and cover with the seasoning and vinegar; add a little caraway seed, if desired, or they may be preserved whole in air-tight cans, see page 566.

CHOP SUEY BEAN SPROUTS

Soak little dried Chinese beans over night in lukewarm water. Drain. Place in a crock, cover with plate and let stand in a warm place for 3 or 4 days or until sprouted.

BRUSSELS SPROUTS

1 qt. Brussels sprouts
1 cup White Sauce

Pick the wilted leaves from the sprouts, cut the stalk close to the head and soak in cold salted water 10 minutes. Drain well and cook in a large amount of rapidly boiling salted water in an open kettle *only* until tender. Drain and pour over three tablespoons butter. Or serve in White Sauce, page 120, or Hollandaise Sauce, page 125.

BRUSSELS SPROUTS AND CHESTNUTS

No. 1

1 qt. Brussels sprouts
1 lb. Italian chestnuts
⅓ cup butter or other fat
Boiling water

Boil the sprouts as above, put the chestnuts on in cold water, bring to the boiling point and boil five minutes, when the skins may be easily removed. Butter a baking dish, put in a layer of sprouts, then one of chestnuts, dot with butter, sprinkle sparingly with pepper, and add a little salt if necessary. Continue in this way till all are used. Then add just enough water to moisten, and bake thirty minutes in a moderate oven.

No. 2

1 qt. Brussels sprouts
½ lb. chestnuts
½ cup butter
1 tablespoon flour
2 teaspoons sugar
1 teaspoon salt

Cook sprouts as above, remove shells from chestnuts, blanch, page 210. Cover with salted boiling water and let cook gently until water has evaporated and the chestnuts are tender. Brown 2 tablespoons butter add the sugar. Stir constantly, add chestnuts and cook until well browned.

Heat 2 tablespoons butter, add 1 tablespoon flour, let brown slightly, add 1 cup of the sprouts liquid and let cook until smooth. Add the chestnuts and sprouts, heat through and serve.

CELERY CABBAGE

Loosen inner leaves of a firm head of celery cabbage. Soak 15 minutes in cold salted water. Drain. Cook in rapidly boiling salted water in an open kettle *only* until tender. Drain. Serve with White or Cream Sauce, page 120, or see Celery Cabbage Salad, page 290.

No. 1 **BOILED CABBAGE**

1 small cabbage
1 qt. boiling water
1 teaspoon salt
1 cup White Sauce

Cut a young cabbage in eight pieces, trimming off the limp outside leaves. Cook in a large amount rapidly boiling salted water ½ hour or *only* until tender, leaving the kettle uncovered. Drain off the water and serve with White Sauce, page 120.

No. 2

1 qt. cabbage, chopped
1 onion, cut fine
2 tablespoons fat or butter
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour

Heat fat, add onion, brown nicely, then add cabbage; cover and let steam for 10 minutes, then pour boiling water over; salt and pepper, and boil until tender from ½ to 2 hours. Sprinkle with flour, let boil a little longer and serve hot.

Red Cabbage—Boil same as other cabbage, above, adding vinegar or lemon juice to water, or one or two tart apples.

RED CABBAGE WITH CHESTNUTS

1 small red cabbage
1 cup chestnuts
¼ cup raisins
1 cup water
1 tablespoon sugar
2 tablespoons fat
1 tablespoon flour
¼ cup vinegar

Cut cabbage in fine shreds, place in colander, place colander in pan, pour boiling water with vinegar over cabbage, let stand over pan 10 minutes. Shell and blanch chestnuts, page 210.

Heat 2 tablespoons fat in kettle, add cabbage seasoned with salt and pepper, let brown well, then cover and let simmer 10 minutes. To water and sugar add raisins and chestnuts and let cook until chestnuts are tender. Sprinkle flour over cabbage, add to chestnuts, cook a few minutes, and serve hot.

FILLED CABBAGE HEAD

1 head of cabbage
1½ lbs. lean veal or pork chopped
3 eggs, well beaten
½ teaspoon mustard
2 tablespoons butter
2 tablespoons flour
Salt, paprika and nutmeg

Shred the cabbage fine, add salt and pepper. Mix the meat with the well beaten eggs and the seasoning. Butter a pudding mould (with central tube), put in alternate layers of the cabbage and meat. Fill the form very full, cover mould tightly and steam four hours. Turn out of mould, reserving the liquid. Heat butter in a spider, add flour, brown slightly, add 1 cup of liquid, boil until smooth and pour over the cabbage head.

CABBAGE AU GRATIN

½ large cooked cabbage
1 pt. White Sauce
¾ cup grated cheese
Salt and paprika
½ cup cracker crumbs
3 tablespoons melted butter

Put a layer of the cabbage, coarse-chopped, into a buttered baking dish, sprinkle with grated cheese, paprika, and salt as needed, and cover with a layer of White Sauce, page 120. Repeat the layers until all the ingredients have been used. Cover with cracker crumbs mixed with the butter. Place in oven until hot and the crumbs are well browned.

SWEET AND SOUR CABBAGE

1 qt. cabbage (red or white)
2 sour apples
2 tablespoons fat
4 tablespoons brown sugar
2 tablespoons vinegar
Salt and pepper
2 tablespoons flour

Shred the cabbage fine, salt and pepper to taste, add the apples cut in slices. Heat fat in spider, add cabbage and apples. Pour boiling water over them and let cook until tender; sprinkle over the flour, add sugar and vinegar. Cook a little longer and serve hot with Potato Dumplings, pages 237, 238. If red cabbage is used pour boiling water over it 2 or 3 times.

SAUERKRAUT

1 qt. sauerkraut
2 tablespoons fat
1 onion, diced
1 raw potato, grated
1 teaspoon caraway seed
boiling water or soup stock

Heat fat in spider, add onion, let fry until glassy, add kraut, fry 5 minutes, add potato and caraway, cover with boiling soup or water, cook slowly ½ hour, cover well, cook ½ hour longer on top of stove or in oven. Brown sugar may be added to taste and caraway seed may be tied in a bag.

Brisket of Beef with Sauerkraut—See page 167.

SAUERKRAUT WITH SPARERIBS

Brown the pieces of spareribs on each side in a frying pan with pork fat. Season the meat with a little salt, pepper and poultry seasoning; place half of the kraut in a casserole, add the meat, then the balance of kraut and boiling water to cover. Bake in a slow oven about two hours, closely covered, and serve with mashed potatoes. Frankfurter sausage may be used in place of spareribs.

CABBAGE WITH SAUSAGE

6 sausages
1 qt. minced cabbage
½ teaspoon pepper
Salt if necessary

Fry the sausages crisp and brown. Take from the frying pan and pour off all but 3 tablespoons of the fat. Put cabbage in fry-

ing pan and cook 6 minutes. Arrange in a hot dish and garnish with the sausages. Serve with mashed potatoes.

CABBAGE AND APPLES

1 medium head cabbage
2 sour apples, peeled
½ onion
1 tablespoon caraway seed
3 tablespoons fat
2 teaspoons salt

Cut cabbage fine, soak 10 minutes in salt water. Drain, heat the fat (from top of soup stock preferred) add cabbage, the apples, (cut up), caraway seed to taste, salt, paprika and onion. Cover very closely and cook slowly about one hour.

CARROTS

1 qt. carrots, diced
1 qt. boiling water
1 teaspoon salt
2 tablespoons butter or fat
2 tablespoons flour
Pepper and sugar to taste
1 cup carrot liquid or soup stock

Wash, scrape and cut the carrots in small cubes. Cook in boiling water, until tender, add salt, and serve in a sauce made by heating the fat, adding the flour and gradually the hot carrot liquid. Season to taste and serve hot.

SIMMERED CARROTS

1 qt. sliced raw carrots
3 tablespoons sugar
1 tablespoon fresh butter
1 teaspoon salt

Wash, scrape and slice young carrots crosswise. Put into heavy saucepan with butter. Cover closely and simmer until tender. Put through ricer, and add seasoning.

CARROTS—SWEET AND SOUR

Cook 1 quart of carrots, diced, in one quart of boiling water, until tender. Add ¼ teaspoon salt, drain and reserve the liquid. Make a Sweet and Sour Sauce, No. 1 or No. 2, page 124, using one cup of the carrot liquid.

CARROTS AND PEAS

1 pt. carrots
½ cup soup stock
2 tablespoons butter or fat
1 pt. peas
½ cup carrot water
2 tablespoons flour

Wash, scrape and cut carrots in small cubes, cook until tender, drain and reserve ½ cup carrot water. Mix carrots well with fresh cooked or canned green peas. Sprinkle with flour, salt, sugar and pepper to taste, add fat or butter, soup stock and carrot water, boil a little longer and serve. May also be served with Sweet and Sour Sauce, Nos. 1 or 2, page 124.

CARROT ZIMES

No. 1

1 cup sugar
1 cup water
2 cups carrots, diced
2 tablespoons butter or fat

Make a syrup of the sugar and water by boiling 10 minutes. To this syrup add the diced carrots which have previously been browned in hot fat or butter. Cook all together until carrots are tender. Brown in the oven and serve.

No. 2

2 lbs. fat brisket of beef
2 bunches of carrots
Salt and pepper to taste
2 tablespoons fat
2 tablespoons flour
1 cup carrot liquid

Salt and pepper the meat and let stand several hours. Wash, scrape and cut carrots in small cubes. Place in kettle with meat, cover with boiling water and cook several hours or until meat and carrots are tender, and half the water is boiled away. Heat the fat in a spider, let brown slightly, add the flour gradually, 1 cup of carrot and meat liquid. Place in kettle with meat and carrots and let cook gently until carrots become browned.

BOILED CAULIFLOWER

1 lb. head cauliflower
2 qts. boiling water
¼ teaspoon salt

Select cauliflower with white head and fresh, green leaves. Remove leaves, cut off stalk and soak (head down) in cold salted water. Drain. Separate flowerets, if desired, and cook in open kettle in a large amount of rapidly boiling salted water *only* until tender (20 minutes). Drain, place in hot serving dish, season and pour over 1 cup of White Sauce, page 120, or Cream Sauce, page 121, Hollandaise Sauce, page 125, adding a little nutmeg.

With Butter Sauce—Drain and place the hot boiled cauliflower in serving dish and pour over it ¼ cup of hot browned butter. Serve hot.

With Browned Crumbs—Drain and place the hot boiled cauliflower in serving dish and pour over it 2 tablespoons fine bread crumbs, browned in 1 tablespoon of hot butter or fat. Serve hot.

BAKED CAULIFLOWER

Place a whole cooked cauliflower on dish for serving, cover with buttered crumbs and place on oven grate to brown crumbs, remove from oven and pour 1 cup Thin White Sauce, page 120, around cauliflower.

CAULIFLOWER AU GRATIN

Put boiled cauliflower with White or Cream Sauce, pages 120, 121, in buttered baking dish, cover with buttered crumbs, and, if desired, ½ cup grated cheese, and bake on center grate until crumbs are brown.

CELERY STEWED

1 bunch stalk celery
1 qt. boiling water
1 cup White Sauce
1 teaspoon salt

Wash, scrape and cut the outer stalks of the celery into pieces 1½ inches long. Cook in rapidly boiling salted water only until tender. Drain and serve with White Sauce, page 120.

Reserve the center stalks for table use.

CELERIAC OR CELERY ROOT

In this vegetable the root and not the stalks are eaten. Scrub and peel the turnip-like roots well and cook in salted, boiling water several hours or until tender. Drain and rinse in cold water and slice. Serve with a White or Brown Sauce, pages 120, 121, or as a salad, page 291.

TO SHELL AND BLANCH CHESTNUTS

Take French or Italian chestnuts. Make ½ inch slit on flat sides of chestnuts with sharp knife. To 1 pint chestnuts add 1 teaspoon butter, heat over fire, shaking all the time, until butter is melted. Let stand in oven 5 minutes. Then remove outside shell and inner at the same time.

CHESTNUT VEGETABLE

Remove shells from chestnuts and blanch as in the above recipe. Then boil very slowly in water until about half done, drain off any remaining water and add one cup of soup stock and one cup of brown sugar. Let this simmer until it is soft, adding also butter size of walnut. Serve in ramikins. Or cook in boiling, salted water; drain, mash, moisten with scalded milk. Season with salt and pepper and beat until light or riced. Pile lightly in center of dish and surround with meat.

CHESTNUTS AND PRUNES

1 pint chestnuts
1 pint prunes
¼ cup sugar
½ lemon, juice

Shell and blanch chestnuts, see above, add boiling water and cook until tender, but not broken, and let water evaporate. Stew

prunes, page 334, add sugar and lemon juice, cinnamon if desired, then add chestnuts, cook all together a few minutes and serve.

BOILED GREEN CORN

No. 1—Remove husks and silky threads, drop in a large amount of rapidly boiling water with a little salt and a little sugar and boil 2 to 5 minutes according to number of cobs in the kettle. Remove from water and serve with fresh butter, salt and pepper.

No. 2—Grate the corn from the cobs, cook slowly 2 to 5 minutes in their own juice and with butter, salt and pepper—add a little milk if necessary.

No. 3—Cut the cooked corn from the cobs and serve heated with butter, salt and pepper.

CORN WITH GREEN PEPPERS

3 cups cooked corn
1 tablespoon of green peppers chopped fine
3 tablespoons butter
4 tablespoons cream

Remove corn from cob with sharp knife, put in a frying pan with butter, cream, and the green pepper. Let simmer slowly until liquid is almost absorbed.

CANNED CORN

1 can corn
1 tablespoon flour
½ cup milk
Salt and pepper
1 tablespoon butter

Sprinkle the flour over the corn, add the butter and milk: and cook only until thoroughly hot. Season to taste and serv

ESCALLOPED CORN

6 ears of cooked corn or
1 can of corn
½ cup corn liquid
3 tablespoons cream
1 teaspoon sugar
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
1 cup bread crumbs
1 tablespoon butter

Cut fresh boiled corn, too old to serve on cobs, from the cob; or use the pulp of 1 can of corn.

Mix corn with the salt, pepper, flour and sugar and add the liquids. Melt the butter, mix with the bread crumbs and cover bottom of a pudding dish with ½ of the crumbs, add the corn, mixture and cover with the rest of the crumbs. Bake in a moderate oven about 20 minutes, and serve hot in pudding dish.

CORN—SOUTHERN STYLE

1 can corn, chopped
2 eggs
1 teaspoon salt
⅛ teaspoon pepper
1½ teaspoon melted butter
1 pt. hot milk

Beat eggs slightly, add rest of the ingredients and turn into a well buttered pudding dish. Bake until firm in a slow oven and serve hot.

CORN FRITTERS

No. 1

1 can corn, or
6 raw ears of corn
2 eggs
½ teaspoon salt
3 tablespoons milk
2 tablespoons flour

Grate the corn off the cobs, or strain the canned corn. To the pulp add the yolks beaten, the rest of the ingredients and the beaten whites last.

Drop by teaspoonfuls in deep, hot fat and fry until nicely brown, or on a hot greased griddle or frying pan. Serve with hot syrup.

No. 2

1 pt. grated corn pulp
Cracker crumbs
½ teaspoon salt
½ teaspoon baking powder
A little pepper

Add enough cracker crumbs, sifted, to the corn pulp to hold the mixture together. Mix and drop by spoonfuls in deep, hot fat and fry until brown. Serve hot.

SUCCOTASH

1 cup boiled corn
1 cup boiled Lima beans
Butter
Salt
Pepper
¼ cup milk

Cut one cup of corn from cob, add the cooked beans and heat all together a few minutes and then serve.

CUCUMBERS

Cucumbers are usually served pickled or raw in slices. When old, pare, cut in pieces, cook in boiling water, drain, wash and season with butter, salt and pepper. Or, they may be cut lengthwise, in ⅓ inch slices, dipped in crumbs, salt and pepper, egg and crumbs again and fried in deep, hot fat.

CHAYOTE

A large, smooth-skinned, green and white striped vegetable of the cucumber family with a squash flavor. May be cooked in boiling water or steamed, peeled if desired. Serve whole or cut in halves or quarters with melted butter.

Or slice raw and prepare as fried eggplant, below.

FRIED EGGPLANT

Pare eggplant, cut in very thin slices. Sprinkle with salt, pile slices on a plate. Cover with a weight to draw out juice; let stand 1 hour. Dredge with flour and fry slowly in a little butter until crisp and brown or dip in egg and cracker and fry in deep fat, as Fried or Escalloped Oysters, page 150.

BAKED EGGPLANT

Mashed eggplant
2 tablespoons butter or fat
¼ onion, cut fine
2 tablespoons bread crumbs
1 yolk of egg

Parboil eggplant until tender, but not soft in boiling, salted water. Cut in half crosswise with a sharp knife. Scrape out the inside and do not break the skin.

Heat 1 tablespoon butter or fat, add the onion, brown, then scraped eggplant, bread crumbs, salt and pepper to taste and the egg yolk. Mix well together, refill shells, place in dripping pan, in oven—baste with butter or sprinkle cracker crumbs on top with bits of butter—baste often and brown nicely.

DANDELIONS

Select dandelions early in the spring before they begin to blossom. Wash thoroughly, remove roots, drain and cook in a large amount of rapidly boiling water only until tender. Season with butter, salt and pepper. Serve with vinegar, or serve it raw as a salad with salt, pepper and vinegar.

KOHLRABI

1 qt. kohlrabi
1 teaspoon salt
2 tablespoons flour
1 qt. boiling water
2 tablespoons fat or butter
Salt and pepper

Wash, peel and cut the kohlrabi root in slices, and cook in rapidly boiling salted water until tender. Cook the greens or tops in a large amount of rapidly boiling water only until tender, drain and chop with sharp edge of small empty baking powder can until very fine. Heat the butter or fat, add the flour, then the chopped greens, and 1 cup of soup stock water in which the kohlrabi is cooked. Add the kohlrabi, cook all together, and serve.

Turnips and Rutabagas may be cooked the same way, omitting the greens, or, when tender, drained, seasoned with salt and melted butter and then riced.

MACEDOINE

1 good sized carrot
2 white turnips
1 can or 1 pint of peas
1 can or 1 pint of string beans

Scrape the carrot, cut into cubes; pare the turnips and cut into cubes; put these in unsalted water and boil gently for three-quarters of an hour, or until tender, and drain. Drain, wash and cook the peas and beans and add them to the vegetables; reheat over water, and use with Brown Sauce, page 121, as a garnish to braised or stewed meats.

MUSHROOMS, SAUTED

1 lb. mushrooms
2 tablespoons butter
¼ teaspoon salt
Toast

Wash, peel caps and stems of the mushrooms, drain dry between towels. Place in spider with butter and seasoning. Cover and cook 20 minutes, tossing them. Serve on hot slices of toast.

BROILED MUSHROOMS

12 large mushrooms
¼ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
Toast

Wash fine, large mushrooms, remove stems and place caps in a buttered broiler and broil 5 minutes, cap side down, during first half of broiling. Put a small piece of butter in each cap, sprinkle with salt and pepper and serve as soon as butter is melted. Keep mushrooms cap side up, to keep in the juices and serve on rounds of buttered dry toast.

BAKED MUSHROOMS

12 large mushrooms
Salt and pepper
2 tablespoons butter
⅔ cup cream
Toast

Wash the mushrooms, remove stems, peel caps and place in buttered dripping pan, cap side up. Sprinkle with salt and pepper, dot over with the butter and add the cream. Bake 10 minutes in hot oven. Arrange on dry toast and pour over the remaining cream in pan and serve hot.

CANNED MUSHROOMS—(In Ramikins)

1 cup canned mushrooms
2 tablespoons butter
2 tablespoons flour
1 cup milk or mushroom liquor
10 drops onion juice
salt and pepper
1 teaspoon chopped parsley
1 cup bread crumbs
1 tablespoon butter

Heat the butter, add the flour, then gradually the mushroom liquor or milk or equal parts of each; add mushrooms cut in pieces, boil up, add the parsley and serve; or place in individual or large pudding dish, with buttered crumbs on top, place in oven a few minutes to brown, placing ramikins in a pan of hot water. Serve hot with a sprig of parsley in center of each ramikin.

GREEN PEAS

½ pk. green peas in pods
Boiling water
1 teaspoon salt
A little pepper
1 teaspoon sugar
2 tablespoons butter or fat
2 tablespoons flour
½ cup soup stock

Remove peas from pods, cover with cold water. Skim off undeveloped peas from top of water and then drain. Cook until tender in an open kettle in a large quantity of rapidly boiling salted water only until tender; drain, let liquid boil down, pour over peas, add hot butter or any desired fat, pepper and sugar, a little meat gravy, soup stock or milk, boil a little longer.

Or place in pan with butter, a small quantity of boiling water and let simmer until tender. Season and serve.

GREEN PEAS AND RICE

½ pk. fresh green peas or
1 can peas
½ teaspoon salt
½ cup granulated sugar
¼ cup butter or other fat
1 cup rice
1 qt. boiling water

Shell the peas, and wash them well; if canned peas are used, add the liquid from the can to the water. Heat the butter in the spider, add the rice and let simmer, stirring constantly until rice is yellow, add the boiling water, then the peas and other ingredients. Place in pudding dish, set in the oven and bake until rice is tender and every kernel stands out separately. Serve hot.

CANNED PEAS

Turn contents of can of peas into a saucepan. Let stand 1 hour. Drain, add a little milk or cream 1 teaspoon each of butter and

sugar, and salt and pepper to taste. Let come to boiling point and serve hot. Or add a little meat gravy, or soup stock.

DRIED GREEN PEAS

2 cups dried peas
Cold water
2 teaspoons salt
½ teaspoon sugar
A little pepper
Brown Sauce

Pick over and wash the peas. Soak several hours in cold water; drain. Add fresh cold water, cover well. Let cook just below the boiling point several hours or until tender. Add salt. Add hot water if necessary. Drain, reserving the liquid. Make Brown Sauce, page 121, using one cup of the liquid from the peas; pour it over the drained peas and serve hot.

SPLIT PEAS

2 cups split peas
1 quart cold water
1½ teaspoons salt
Brown Sauce

Pick over and wash peas. Place in kettle with water. Let come slowly to the boiling point and simmer several hours until soft, adding boiling water if necessary. Add salt. Make Brown Sauce, page 121, using one cup of the liquid from the peas. Add to the peas, let cook slowly 5 or 10 minutes and serve hot. Cooking a piece of fat corned beef or some smoked sausage with the peas improves the flavor.

PEA PUREE

2 cups dried peas
3 pints cold water
⅛ lb. of bacon or other smoked fat
½ teaspoon sugar
1½ teaspoons salt
1 speck white pepper
1 large onion

Pick over and wash the peas. Soak over night, or for several hours in cold water. Put them on to boil in three pints of fresh, cold water and let them simmer until soft. Keep well scraped from the sides of the kettle. When soft, rub through a strainer, add a little boiling water or soup stock, add seasoning and beat.

Put bacon or other smoked fat, cut in small cubes, in frying pan; fry until light yellow, add onion cut in dice and continue cooking until golden brown. Serve puree like mashed potatoes. Pour the bacon and onion over it before serving. Serve hot.

LENTILS

Lentils are prepared and cooked same as dried peas or beans, boiled, baked or cooked in purees or soups. Follow recipe for Split Peas, above, or serve in Sweet and Sour Sauce No. 1, page 124.

NAHIT—(Russian Peas)

1 lb. Russian peas
Hot water
1 tablespoon salt
¼ teaspoon soda
½ lb. brisket of beef or back or neck of fat chicken
2 tablespoons fat
2 tablespoons flour
2 tablespoons brown sugar

Place peas in kettle, add salt and hot water to more than cover and let soak 12 hours or more. Drain, return to kettle, cover with boiling water, let cook 15 minutes, add soda and the meat and let cook slowly several hours until peas are tender. Melt the fat, add flour and sugar, let brown, add 1 cup of the liquid from the peas, cook until thick and smooth. Pour over the peas, cook thoroughly, then place in casserole and bake in a moderate oven ½ hour.

BOILED ONIONS

Pour boiling water over onions, let stand 2 minutes, drain, pour over cold water, peel. Cook in open kettle in a large amount of rapidly boiling water, boil only until tender. Drain, add a little milk, butter, salt to taste or cover with White Sauce, page 120.

Young onions with the greens may be boiled a few minutes until tender, served on toast with melted butter or white sauce.

ONIONS AU GRATIN

Peel and boil the onions, as above, until nearly done. Drain well, and place in a baking dish; make 1 cup White Sauce, page 120, and pour over the onions, add a layer of buttered cracker crumbs, and bake 10 minutes to heat through and to brown the crumbs. Serve hot.

BAKED ONIONS

Select even sized onions, wipe, but do not peel. Place in baking dish, roots down, and bake 1 hour, or until tender. Take from fire, remove roots, peel carefully, return to dish, add pepper, salt, and a little melted butter or other fat; let stand five minutes in oven, and then serve hot. Or slice onions ½ inch thick, put in shallow baking pan, add 2 tablespoons melted butter, salt and pepper and a little water. Bake in a moderate oven, 350° F., until tender (30 minutes).

ONIONS AND APPLES

2 pints onions, sliced
3 pints apples
2 teaspoons salt
2 tablespoons sugar
¼ cup fat

Heat fat in a spider, add onions, peeled and sliced crosswise, ⅛ inch thick and the apples cut in quarters, pared and cored, Cover and let steam 10 minutes, stirring occasionally until apples are soft and onions tender and slightly browned. Season with salt, and, if desired, a little sugar. Serve hot as a vegetable.

STUFFED ONIONS

1 qt. medium onions
2 boiled carrots
1 bunch parsley
1 egg, hard cooked
1 cup soft bread crumbs

Parboil onions and remove part of center, leaving the root end intact. Fill cavity with equal parts of onion, just removed, soft bread crumbs and bits of cooked meat, all chopped and seasoned with salt and pepper and moistened with cream or melted butter. Place the stuffed onions close together in a buttered baking dish and cover with White Sauce, page 120, sprinkle with layer of the crumbs, carrot, egg and parsley all chopped fine. Bake in a moderate oven until browned.

ONIONS AND GREEN PEPPERS

6 sweet green peppers
2 medium onions
2 tablespoons fat
½ teaspoon salt

Remove stem end and seeds of peppers and cut in ¼ inch slices. Peel and slice onions. Heat fat in spider, add onions, let fry for a few minutes, cover, then peppers and simmer gently, 10 to 15 minutes or until tender, but not shriveled and brown.

FRIED ONIONS

Peel and slice 4 or 5 onions. Heat 2 tablespoons fat in spider, add onions, let fry until golden brown, stirring constantly.

SARATOGA ONIONS

Cut onions in ¼ inch slices, crosswise, separate into rings. Dip in milk, drain. Then dredge with flour, and fry, a few at a time, until brown and crisp, in deep, hot fat. Serve as a border with roasts or fish.

OYSTER PLANT—Salsify

Wash, scrape and put at once in cold water with a little vinegar to keep from discoloring. Cut ½ inch slices and cook in boiling,

water until soft. Add salt. Drain and serve in White Sauce, page 120. Or cook in boiling water until tender and cut in four pieces lengthwise, dredge with flour and sprinkle with a little salt and fry in hot butter or fat until nicely browned.

PARSNIPS

Wash, scrape, cut in pieces and cook young parsnips in salted, boiling water until tender. Drain, add salt, and serve with hot butter, Drawn Butter, page 125, or White Sauce, page 120.

Or wash and cook in boiling, salted water until tender about 45 minutes. Drain and plunge in cold water and slip off skins. Cut in slices lengthwise and fry in butter or mash and season with butter, salt and pepper. Shape into flat, round cakes, roll in flour, and fry in butter or other fat until crisp and brown.

STUFFED PEPPERS

No. 1—With Beef

1 onion
8 green peppers
1 lb. lean raw beef
1 egg
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon onion juice

Cut off stem end and remove seeds from green peppers. Mix meat with egg and seasonings. Fill peppers with meat mixture. Slice onions in a stew pan—cover slightly with water and stew peppers until well done.

No. 2—With Chicken

6 green peppers
2 cups boiled chicken, ham veal or lamb, chopped
2 cups boiled rice
1 cup strained tomatoes
1 tablespoon grated onion
2½ tablespoons butter
¾ cup meat stock
2 tablespoons fresh bread crumbs

Remove stem end and seeds of peppers. Fill with next four ingredients well mixed. Place in baking dish, add butter to crumbs, spread over peppers, bake 25 minutes and baste with the meat stock.

No. 3—With Corn

6 green peppers
2 cups cooked corn from cob
1 teaspoon salt
⅛ teaspoon pepper
½ cup grated cheese
2 tablespoon butter

Cut off stem end and remove seeds from green peppers. Mix corn with rest of ingredients. Fill peppers with mixture. Bake in pan with warm water one inch deep, 10 to 15 minutes.

No. 3—Italienne

2 doz. sweet green peppers
1 lb. each chopped beef and pork
½ cup olive oil
½ cup seedless raisins
½ cup pignon (Italian nuts)
½ lb. crackers, rolled
¼ lb. Roman cheese, grated
3 hard cooked eggs, chopped

Heat 2 tablespoons oil in frying pan, add meat, season with salt and pepper, when brown remove and mix with rest of the ingredients, all but the remaining oil. Cut off tops of peppers, with stems attached, remove seeds and veins. Stuff peppers with meat mixture, replace tops, fasten with tooth picks. Heat rest of the oil in frying pan, add the stuffed peppers and let fry until slightly brown. Pour over Tomato Sauce Italian, page 123.

DILL PICKLE VEGETABLE

6 large dill pickles
Sweet and Sour Sauce

Soak the pickles over night in cold water; drain, cut in ⅛ inch slices and cook in boiling water until tender. Drain and pour over Sweet and Sour Sauce, No. 3, page 124.

PUMPKINS

Pumpkins are baked, boiled or steamed same as squash, but require longer cooking. See page 409.

To Keep Pumpkin Fresh—When a whole pumpkin is more than is needed, cut in desired pieces, and dip the cut ends in paraffine, to prevent decay.

SPINACH

½ pk. spinach
2 tablespoons butter or fat
1 teaspoon grated onion
2 tablespoons bread crumbs or flour
½ teaspoon salt
⅛ teaspoon pepper
1/16 teaspoon nutmeg
1 cup soup stock or meat gravy and hot water

Pick off the roots and the decayed leaves, wash often enough to remove all sand. Put the spinach in an open kettle with a large amount of rapidly boiling salted water and cook 2 or 3 minutes, *only* until tender. Drain, put through food grinder or chop very fine. If spinach is old, cook longer. Add White Sauce, page 120.

Or, heat the butter in a spider, add the onion, then the bread crumbs or flour and the seasoning, and gradually the soup stock, spinach water or meat gravy diluted with spinach water, then add the chopped spinach. Reheat and garnish with poached or hard cooked eggs, sliced.

SPINACH—(Italian Style)

1 lb. spinach
3 tablespoons oil
1 clove garlic, minced
1 small can tomato paste

Boil spinach until tender, drain, chop fine. Brown garlic in oil, add tomato and spinach. Cook 15 minutes. Season with salt and pepper.

SUMMER SQUASH

Squash, diced
Boiling water
1 teaspoon salt
2 tablespoons cream, or
2 tablespoons butter
Speck pepper

Summer squash are good only when young, fresh and tender. Wash, peel and cut into quarters or small pieces. Cook in boiling water 20 minutes or until tender. Drain thoroughly, mash and add the rest of the ingredients.

WINTER SQUASH, STEAMED

Squash, mashed
½ cup milk
1 tablespoon butter
Salt and pepper

Wash, cut in quarters or into 2-inch squares; peel and remove stringy portions and seeds and then steam until tender or cook in boiling water 20 minutes or until tender. Drain and mash, adding the milk, butter and seasoning. The milk may be omitted and beef or poultry fat used in place of butter.

BAKED SQUASH

No. 1

Cut squash in 2-inch squares, remove seeds and strings, place in dripping pan with ½ teaspoon molasses and ½ teaspoon butter for each square. Bake 50 minutes or until soft. Season, serve in shell.

No. 2

Cut squash in two, crosswise, remove seed and strings; place in dripping pan, hollow side down, bake 2 hours or until soft, in a slow oven. Remove from shell, mash and season with butter, salt and pepper, or serve in the shell.

No. 3

Wash squash and place in oven and bake 2 or more hours. Open it with knife, remove seeds, scrape out the squash.

STUFFED SQUASH

1 qt. mashed squash
2 tablespoons butter or fat
½ onion, chopped
½ cup soaked bread
1 egg
½ teaspoon salt
⅛ teaspoon pepper
½ cup cracker crumbs

Bake squash following recipe No. 2. Scrape out the shells, being careful not to break the shells. Heat the butter or fat in a

spider, add the onion, chopped fine, let brown lightly, add the soaked bread, mashed, and the squash. Fry all together 15 minutes, stirring occasionally. Remove from fire, add the salt, pepper and stir in the egg well. Place mixture back into shells; sprinkle cracker crumbs and bits of butter on top and return to oven to brown nicely.

TOMATOES

Take as many ripe, smooth tomatoes as you desire. Wash and wipe and serve with skin or plunge them into boiling water one minute; drain and remove skins and place on ice until wanted and serve whole with sugar or with sugar, salt and pepper to taste, or serve as salad, pages 289, 290.

STEWED TOMATOES

Wipe and cover tomatoes with boiling water. Let stand one minute, then skin. Cut in pieces, put in stewpan, and cook slowly twenty minutes, stirring occasionally. Season with butter, salt, pepper and a little sugar, if desired; add some bread crumbs.

STUFFED TOMATOES

No. 1

6 fine firm tomatoes
1 cup grated rye bread
2 tablespoons butter
2 yolks of eggs
1 tablespoon chopped parsley
¼ teaspoon grated onion
Salt and pepper to taste

Wash and dry tomatoes. Cut off tops. Remove pulp with small spoon, and rub through a fine sieve. Put butter in pan, add bread crumbs, cook a few minutes, then add onion juice to the tomato pulp and the seasonings. Stir in the yolks of eggs, and fill the tomatoes with the mixture. Sprinkle tops with bread or cracker crumbs, buttered, and place in oven on buttered tin and bake ½ hour. Serve hot.

No. 2

8 fine, firm tomatoes
½ oz. butter
½ lb. chicken livers
Salt and pepper to season
1 medium sized onion
6 fresh mushrooms
½ cup bread crumbs
Parsley

Wash and dry tomatoes. Cut off top without detaching, if possible, so it will serve as a cover. Scoop out inside of each and place in cool place until later, having seasoned inside with a little salt and pepper. Chop onion fine; place in saucepan with butter

and cook for 3 minutes to brown, being careful not to burn. Add mushrooms and the chicken livers chopped. Season with a little salt and pepper. Cook for 3 minutes, stirring occasionally. Now add inside of tomatoes, bread crumbs and chopped parsley. Cook 2 minutes longer, and place in bowl to cool. Stuff tomato shells with mixture, close down covers, place in oven and bake 18 minutes on buttered tin. Serve hot. Sausage meat or chicken may be used in place of livers.

TURNIPS OR RUTABAGAS

Turnips are best in fall and winter. The rutabagas, a large yellow variety, the large white and the small flat purple top are all used. Wash, peel and cut into ¼ inch cubes, or slice. Cook 3 cupfuls in boiling water 20 minutes or until soft. Drain, mash, season with fat or butter, salt, a little sugar and pepper, or mix with an equal quantity of hot, mashed potatoes.

Or, after the turnips or rutabagas are drained, add 1 cup of White Sauce, page 120, or Brown Sauce, page 121.

RADISHES

There are many varieties of radishes, round and long, black, white and red. The small red radish may be obtained all year. They are served uncooked, merely as a relish. The large varieties are peeled, sliced and salted for the table.

To serve red radishes, remove tip end of root, remove the longer leaves and have only a small piece of stem on radish. Too look like a tulip, cut into six equal parts from the root end, down ¾ of the length of the radish, or like a rose, cut around radish in 3 rows, alternating the cuts. Place in cold water until ready to serve.

SWISS CHARD

This vegetable is a variety of beet in which the leaf, stalk and mid-rib have been developed instead of the root. It is cultivated like spinach, and the green, tender leaves are prepared exactly like this vegetable. The mid-ribs of the full-grown leaves may be cooked like celery.

POTATO AND PRUNE ZIMES

1 lb. prunes
1 lb. brisket of beef
5 medium potatoes
Salt and pepper
½ cup sugar
Small piece citric acid

Wash and soak prunes over night in cold water to cover. Place in kettle with meat seasoned with salt and pepper. Let cook slowly 1½ hours or until meat is nearly tender. Set aside, add potatoes

(Irish or sweet) pared and cut in small pieces. Place meat and prunes on top, add sugar and citric acid (sour salt) cover and place in oven until potatoes are done and all is browned. Add hot water if necessary. Serve hot with gravy.

SPINACH RING

½ peck spinach
2 tablespoons butter
2 tablespoons flour
½ cup milk
3 eggs, separated
Pepper and salt

Wash, pick over and cook young spinach without water, very slowly at first, until tender, about 25 minutes. Drain. To old spinach, add 1 quart boiling salted water, ⅓ teaspoon soda, ½ teaspoon sugar. When tender drain. Chop spinach fine or put through meat grinder. There should be 1½ to 1¾ cups. Heat butter in spider, add flour, then the milk. When smooth and thick, stir gradually onto the well beaten yolks. Add spinach and seasoning, grated onion and nutmeg if desired. Cool, add the stiffly beaten whites of eggs, place in a well greased ring or melon mould, set in a pan half filled with boiling water, place in moderate oven, let bake 20 minutes, or until set. When ready to serve, loosen edges, turn carefully on hot platter. Place Sauted Mushrooms, page 214, or Mushroom Sauce, page 121, in center, surround with Chicken a la King, page 190.

Or in place of White Sauce (butter, flour, milk and 3 eggs), as above, beat 5 eggs well with 1 cup of milk, mix, season, and proceed in the same way.

RICE RING

Follow directions for Boiled Rice, page 38. When tender, place in strainer, pour cold water through it, put in a well greased ring mould, pour over ¼ cup melted butter, set in a pan of hot water and place in a moderate oven 15 to 20 minutes. When ready to serve, remove from oven, loosen edges, turn carefully onto large hot platter. Serve with creamed mushrooms in center, surround with Chicken Fricassee, page 186, or follow recipe for Turkish Rice, page 39, or Spanish Rice, page 39, fill center with green peas, surround with toast points.

WILD RICE RING

1 cup rice
2 teaspoons salt
1 qt. boiling water
3 tablespoons butter

Pick over and wash rice well. Place in double boiler with boiling water and steam 45 minutes or until tender and dry. Melt 3 tablespoons butter, add salt and mix carefully with the rice. Butter a ring mould well, turn in rice, place in moderate oven 20 minutes over a pan half filled with boiling water. When ready

to serve remove from oven, loosen edges and turn carefully onto large hot platter. Surround with creamed chicken, and place mushrooms and sweetbreads in center.

ASPARAGUS RING

2 cans of asparagus tips
3 tablespoons butter
3 tablespoons flour
1 cup cream or milk
3 to 5 eggs, separated
½ teaspoon salt

Cut the asparagus into 1 inch pieces. Heat the butter, add the flour, salt and a little pepper, stir until well blended, add ⅓ of the milk or cream, another third and the rest, stirring until smooth. Pour this sauce onto the well beaten yolks. Cool, fold in the stiffly beaten whites of eggs and, lastly, the asparagus pieces. Place in a well greased ring mould, set in a pan of boiling water and bake in a moderate oven ½ hour or until set. Remove to hot platter, place cooked peas or cauliflower in center and serve with White or Cream Sauce, pages 120 and 121.

Or, in place of White Sauce (butter, flour and milk) beat 5 eggs well with 2 cups of milk, add canned asparagus or same amount of fresh, cooked, green asparagus. Season and proceed as above.

CORN RING

1 can corn
1 cup cream
4 eggs, separated
1 teaspoon salt

Put corn through colander, add well beaten egg yolks, salt, white pepper, cayenne and paprika to taste; add cream and then stiffly beaten whites. Place in a well buttered ring mould, set in a pan of hot water and bake in a moderate oven ½ hour or until set. Remove to hot platter, fill center with Sauted Mushrooms, page 214. Surround with Crab Meat in Cream or Creole Sauce, pages 121, 122.

TOMATO RING

1 can tomatoes
1 bay leaf
Speck of mace
1 teaspoon salt
6 peppercorns
1 slice onion
2 tablespoons butter
4 tablespoons flour
3 yolks beaten
3 whites, beaten

Cook the first six ingredients 20 minutes. Strain and reserve 1 cup of the strained tomato mixture. Melt butter, add flour, and pour in slowly the tomatoes. When smooth, pour this over 3 well beaten egg yolks, and set aside to cool. Beat three whites very stiff and mix gently with tomato sauce, turn into a well greased ring mould, set in a pan of boiling water. Bake in a moderate oven about 20 minutes. Remove from pan carefully, fill center with Potato Balls, page 226, and surround the ring with diced, cooked Halibut in Tomato Sauce, page 136.

CHAPTER XVII

POTATOES

The potato is a tuber rich in starch and should be eaten with meat, fish and eggs to balance a meal. As much of the protein and mineral matter is directly under the skin, potatoes should be cooked in their jackets or pared very thin.

In the winter and early spring, add ½ tablespoon vinegar to water for the last 5 minutes of cooking. This will make them white and flaky.

BOILED POTATOES IN JACKETS

Scrub 6 potatoes well and let stand in cold water with a little salt ½ hour. Place in stew pan, pour boiling water over them to cover, about 1 quart, when nearly done add 1 tablespoon salt and boil until fork will easily pierce them. Drain quickly, shake gently over the fire to dry, keep uncovered. Serve hot.

BOILED POTATOES

6 potatoes — 1 qt. boiling water
1 tablespoon salt

Scrub, pare and let stand in cold water ½ hour. Cook in boiling water 20 to 30 minutes. When nearly done, add salt. Drain and shake gently over the fire uncovered, till dry. Serve hot.

BOILED NEW POTATOES

Let new potatoes stand in cold water ½ hour. Scrap and boil. Cook until nearly tender in boiling water, add salt, drain and dry; add 2 tablespoons melted butter and 1 tablespoon chopped parsley, or, if you desire, 1 teaspoon caraway seed; shake well over fire and serve hot.

May also be served with White Sauce, page 120.

POTATO BALLS

1 pt. potato balls — 1 teaspoon salt
2 tablespoons butter — 1 teaspoon chopped parsley

Pare potato and throw into pan of cold water. With French vegetable cutter, cut balls (or cut into cubes), and let stand in cold, salted water until wanted. Scraps may be used for soup or mashed potatoes. Heat butter in a saucepan, add the potato

balls, cover closely and cook slowly, shaking pan over fire to cook them evenly. Test with darning needle. When ready to serve, add salt and chopped parsley.

Or, they may be boiled, drained and Maitre d'Hotel Butter, page 127, added; or fried in deep, hot fat, as French Fried Potatoes, page 229.

MASHED POTATOES

6 medium potatoes
3 tablespoons butter
⅓ cup hot milk
1 teaspoon salt
Pepper

Follow recipe for Boiled Potatoes, page 226. Rub through a ricer, or mash and add the rest of the ingredients in their order. Beat with a fork until creamy and pile lightly on a hot dish. Serve hot.

With Onions—Any kind of fat may be used and the milk omitted. An onion may be chopped fine and browned in the fat and poured over the potatoes.

BAKED POTATOES

Take even sized potatoes. Scrub and cut out black portions. Place on rack or floor of hot oven (380° F.) not too close together. Bake one hour or until soft. Pierce with a fork to let the steam escape, or cut crosswise through skin in center of top. Press potato at both ends to soften pulp, pushing towards center. Sprinkle opening with salt, add piece of butter and garnish with paprika. Serve at once uncovered. Peel at once any that may be left over.

FANCY BAKED POTATOES

Bake medium sized Idaho or Colorado potatoes following directions above. When baked, cut three slits, each about one inch long, crossing each other at equal distances from the center on flat side of potato. Press potato under the opening with both hands and it will open like a flower. Place ½ teaspoon butter in each opening and top with a sprinkling of paprika. Serve at once.

POTATOES ON THE HALF SHELL

6 baked potatoes
¼ cup hot milk
1 teaspoon salt
1 cup American cheese grated
2 tablespoons butter

Cut fresh or leftover potatoes in half lengthwise, scoop out the inside. Mash and mix with the butter, salt and milk, and beat well. Return to the shells, brush top with melted butter, and sprinkle with the cheese. Place in moderate oven and bake about 5 or 10 minutes and serve. The cheese may be omitted.

BOSTON BROWNED POTATOES

Wash and peel six medium sized potatoes. Cut in four equal parts. Place in a shallow tin, greased, and bake one-half to three-fourths of an hour in a hot oven. Pour over some meat gravy, and serve alone or around meat on hot platter.

FRANCONIA POTATOES

Wash, scrub and pare potatoes of uniform size. Let boil about 10 minutes and drain. Put in dripping pan with meat, while roasting, and baste when meat is basted. Or place in small pan beside the meat, or on grate, and baste with drippings.

POTATOES AU GRATIN

Put Creamed Potatoes, below, in buttered baking dish, cover with buttered crumbs, a sprinkling of American cheese, if desired, and bake on center of oven until crumbs are brown.

CREAMED POTATOES

4 cold potatoes
½ cup milk
Speck pepper
½ teaspoon salt
2 tablespoons butter
1 tablespoon chopped parsley

Cut the potatoes into cubes or thin slices. Put, with the milk, into a pan or double-boiler, and cook until they have absorbed nearly all the milk. Add the butter and seasoning, cook 5 minutes longer and serve hot. One tablespoon parsley, chopped fine, may be added with the seasoning. Another method is to heat the potatoes in a thin White Sauce, page 120. Serve hot.

SCALLOPED POTATOES

No. 1

1 qt. cold boiled potatoes
1 teaspoon salt
¼ teaspoon pepper
¼ lb. grated American cheese
1 tablespoon chopped parsley
1 cup White Sauce
1 cup buttered cracker crumbs

Cut the potatoes in slices and season with salt, pepper and parsley. Butter a baking dish, put in the potatoes, sprinkle cheese between layers, pour on the White Sauce, page 120, cover with crumbs and grated cheese. Bake in a slow oven until brown.

No. 2

1 qt. raw sliced potatoes
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
1 cup hot milk

Wash, pare and soak potatoes, cut into ¼ inch slices. Butter a baking dish, place a layer of potatoes at the bottom, sprinkle

with salt, pepper, flour and dot with bits of butter; repeat. Pour hot milk over all, bake 1 hour or longer, turning occasionally while baking until potatoes are soft and browned over the top.

FRIED POTATOES

Cut cold, boiled potatoes into slices or chop. Have a frying pan hot and well greased with butter, bacon or other fat. Cook the potatoes in the fat until slightly brown and serve hot.

LYONNAISE POTATOES

1 pt. cold, boiled potatoes
Salt and pepper
1 teaspoon chopped onion
2 tablespoons beef dripping or butter
2 tablespoons chopped parsley

Cut the potatoes into slices, season with the salt and pepper. Fry the onions in the dripping till light brown, put in the potato and cook till it has taken up the fat. Add parsley and serve.

HASHED AND BROWNED POTATOES

Chop 3 cups cold, boiled potatoes into small cubes. Salt and pepper to taste. Heat ¼ cup fat in small spider, add potatoes, mix and stir until fat and potatoes are hot and well blended. Press and smooth down with knife, over half of the bottom of spider. Let stand until well browned underneath, then loosen with palette knife. Cover spider and invert so potatoes will rest on cover without disturbing the shape. Add more butter to spider, slip potatoes from cover to spider with uncooked side turned down and let stand until brown on this side. Turn out as you would an omelet.

SARATOGA POTATOES

Pare and slice potatoes very fine. Soak in cold, salted water, and drain dry between towels; fry only a handful at a time in deep, hot fat, until a delicate brown and crisp. Drain on unglazed paper. Sprinkle with salt and serve hot or cold.

Put slightly stale chips in hot oven a few moments to crisp.

SHOE STRING POTATOES

Cut peeled potatoes into ¼ inch slices, then into ¼ inch strips. Let stand 1 hour in cold water. Drain and dry. Fry a few at a time in deep, hot fat until crisp and slightly brown. Drain and sprinkle with salt.

FRENCH FRIED POTATOES

Take long thin potatoes. Pare, wash and cut lengthwise into eighths. Soak in cold, salted water. Drain and dry, and fry in deep, hot fat until tender, crisp and golden brown. Serve hot. Sprinkle with salt.

O'BRIEN POTATOES

1 qt. raw potato balls
2 tablespoons butter
2 slices onion
3 canned pimentos or
1 large green pepper
1 tablespoon chopped parsley

Pare potatoes and shape into balls with French vegetable cutter. Soak in cold water and drain well. Fry in deep, hot fat until brown and tender. Drain and sprinkle with salt. Fry onion in 2 tablespoons butter until golden brown, remove onion, add pimentoes in small pieces to the butter, then the fried potatoes. Serve hot with finely chopped parsley over all.

DUCHESSE POTATOES

Take freshly boiled and mashed potatoes or some that are left over, add to them the beaten yolk of one egg, form in balls, hearts or flat cakes, place in a greased tin and brush with the beaten egg white and brown in oven.

POTATOES WITH CARAWAY SEED

Boil medium sized potatoes in their jackets until tender, peel while hot. Put 2 tablespoons butter or fat in spider, when hot, add potatoes, brown well all over. Drain, sprinkle with salt and 1 teaspoon caraway seed and serve hot.

POTATO CAKES

Take cold, mashed potatoes, make into rounds ½ inch thick. Put them in a hot, greased frying pan. Fry until well browned on one side, then turn and brown on the other and serve hot.

SURPRISE BALLS

Mashed potatoes
Lean cooked meat, chopped
Butter or fat

Roll the potatoes into balls, hollow the top with a teaspoon. Season meat and fill into the hollow ball. Place in greased pan with a little fat on the top of each ball, brown in the oven and serve hot.

MASHED POTATOES, BAKED

2 cups mashed potatoes (cold)
2 tablespoons melted butter
2 eggs
1 cup milk or cream
Salt and pepper

Stir the butter well with the potatoes, add the eggs, beaten stiff and then the cream. Season to taste. Beat all together well,

place in greased pudding dish and bake in a quick oven until brown, and serve hot.

STEWED POTATOES

Melt 2 tablespoons butter in frying pan, add an onion chopped, and 2 tablespoons flour and when brown, 1½ cups water, salt and pepper to taste and stir and cook until smooth. Then add 8 or 10 medium whole, raw, pared potatoes. Let simmer gently until tender, and add 1 teaspoon chopped parsley.

POTATOES AND PEARS

Heat 2 tablespoons fat, add chopped onion and 2 tablespoons flour, when flour is brown, add 1½ cups water, stir and cook until smooth, add salt, brown sugar and a little cinnamon to taste. Quarter 4 medium pears but do not peel, cook them in the brown sauce, then add 6 medium, whole, raw, potatoes, pared, and cook until tender.

POTATO PUFFS

2 cups grated, boiled potatoes
Salt
1 cup flour
Sour cream

Sour cream enough to make it possible to knead the mixture.

Roll it out thin as possible and cut with biscuit cutter. Fry in hot lard. Serve hot.

POTATO CROQUETTES

1 pt. riced potatoes
⅛ teaspoon white pepper
¼ teaspoon celery salt
2 tablespoons butter
½ teaspoon salt
Yolk or 1 egg

Mix together all the ingredients, and beat until light. Add 1 teaspoon chopped parsley and a few drops of onion juice. Shape into smooth balls, then into cylinders. Dip in bread crumbs, then in beaten egg, then in crumbs again. Fry in deep, hot fat. Drain on paper and serve on a hot dish. See page 249.

SWEET POTATOES

BAKED SWEET POTATOES

Select 6 even sized sweet potatoes and place in a hot oven ¾ hour or until done, then reduce heat, remove to a warmer until soft. Or, they may be parboiled in boiling, salted water and baked in the oven until soft.

BOILED SWEET POTATOES

Wash, pare, cut, and cook 20 minutes or until soft in boiling, salted water to cover. May be boiled whole or without the skins.

MASHED SWEET POTATOES

No. 1 Plain

Peel, boil and mash 6 medium sized sweet potatoes. To every 2 cups add 2 tablespoons butter, ½ teaspoon salt and a little hot milk or cream. Beat until light and pile on hot dish.

No. 2, Mock Cocoanut Cake

Wash, peel and boil 6 medium sweet potatoes. Press through a ricer or mash. To 1 pint of potatoes add 2 tablespoons butter, ½ teaspoon salt and a little milk or cream to moisten. Beat until light. Place in a spring form, in a hot oven until brown. When done, remove side of form and sprinkle top and sides with riced Irish potatoes. Resembles Cocoanut Cake.

CARAMEL POTATOES

3 tablespoons butter
12 medium sweet potatoes
½ cup brown sugar
¼ cup nut meats

Make Mashed Sweet Potatoes, above. Place butter and sugar in iron spider, when dissolved, add nuts and potatoes. Bake in a moderate oven until well set. Turn onto plate so caramel side is on top.

GLAZED SWEET POTATOES

6 medium sized potatoes
½ cup brown sugar
¼ cup water
3 tablespoons butter

Wash and pare potatoes. Cook 10 minutes in boiling, salted water. Drain, cut in halves, lengthwise, and put in a buttered pan. Make a syrup by boiling, 3 minutes, the sugar and water; add butter. Brush potatoes with syrup and bake 15 minutes, basting twice with remaining syrup.

SWEET POTATOES—Southern Style

4 boiled sweet potatoes
¼ lb. butter
1 tablespoon water
Lemon juice
¼ cup brown sugar

Skin boiled potatoes and quarter. Place in baking dish, with butter on top, sprinkle with the brown sugar, add the water and a little lemon juice. Brown in oven and serve hot.

SWEET POTATOES ON HALF SHELL

6 baked sweet potatoes
¼ cup hot milk
2 tablespoons butter
¼ cup almonds, blanched and chopped
Marshmallows

Take even sized potatoes and bake until soft. Cut in half lengthwise, scoop out the inside. Mash, mix with butter, a little salt, milk and almonds. Return to the shells, reheat and cover with marshmallows. Place in moderate oven and bake until marshmallows are melted. Use as garnish for roasts.

SWEET POTATOES AND MARSHMALLOWS

12 sweet potatoes, or
1 can of sweet potatoes
¼ cup sugar or syrup
¼ cup fat
½ teaspoon salt
Marshmallows or bananas

Boil potatoes until tender, peel or take canned potatoes. Mash them, add sugar or syrup, fat and salt and mix well. Turn into greased baking dish, dot top with marshmallows or sliced bananas, place in moderate oven till marshmallows swell and brown. Serve hot.

SWEET POTATOES IN APPLES, GLAZED

2 cups mashed sweet potatoes
8 baking apples
¼ cup melted butter
½ cup sugar

Peel apples and scoop out core, leaving rather large cavity. Roll apples in butter and then in sugar. Stuff with mashed potatoes, page 232, roll again in butter and then in sugar. Bake slowly (300° F.) 1½ to 2 hours, basting with own juice, until well glazed.

SCALLOPED SWEET POTATOES AND APPLES

2 cups cold, boiled sweet potatoes, ¼ inch slices
½ cup brown sugar
1½ cups sliced sour apples
4 teaspoons butter
1 teaspoon salt
2 tablespoons red cinnamon drops

Put ½ the potatoes in a buttered baking dish, cover with ½ the apples. Sprinkle with ½ the sugar, dot over with ½ the butter and sprinkle with ½ the salt; repeat, sprinkle top with candies and bake in a moderate oven 1 hour.

SWEET POTATOES AND APPLES

Wash and pare long sweet potatoes. Cook in boiling, salted water until almost soft; drain and cut slices crosswise, 2 inches high. Core, pare and cut apples in ½ inch rounds. Into a spider, place the potatoes upright with a slice of apple on top of each. Pour over ½ cup maple syrup, ¼ cup water and 2 tablespoons butter. Baste frequently until apple is soft.

SCALLOPED SWEET POTATOES (CREOLE)

2 lbs. sweet potatoes
1 can sweet corn, or 1 lb. parboiled chestnuts
2 cups thin White Sauce
1 cup buttered crumbs

Wash, pare, and slice potatoes. Boil 5 minutes, drain and place in a well buttered baking dish, alternate layers of potatoes and the corn, seasoned with salt and pepper, or chestnuts, page 210, cut in large pieces. If corn is used—pour over 2 cups White Sauce, page 120. If chestnuts are used—boil ½ cup brown sugar, ¼ cup hot water, 3 minutes, add ¼ cup butter, pour over the potatoes; in either case, sprinkle bread crumbs over top and bake ¾ hour or until potatoes are tender.

SWEET POTATO CROQUETTES

1 pt. mashed sweet potatoes
⅛ teaspoon white pepper
2 tablespoons butter
½ teaspoon salt
Yolk of 1 egg

Mix together all the ingredients, except the egg, and beat until light; then add the yolk of the egg and mix well. Rub through a sieve and add 1 teaspoon chopped parsley. Shape into smooth balls, then into cylinders, or shape to resemble pears or apples. Dip in bread crumbs, then in beaten egg, then in crumbs again. Fry in deep, hot fat. Drain on paper and serve on a hot dish. See page 249.

FANCY SHAPED POTATO CROQUETTES

Make Potato Croquette mixture, page 231, (adding, if desired, ⅓ cup grated cheese and 1 egg) or Sweet Potato Croquette mixture, recipe above. Shape to resemble pears, apples, bananas, carrots, turnips, tomatoes, or potatoes. For pear or apple shaped Croquettes, before frying stick one clove at blossom end of pear or apple, having head of clove show, and another clove at opposite point, the stem end showing. Make day before using, if desired, and warm in shallow pan with syrup used for Glazed Sweet Potatoes, page 232.

Roll in flour, egg, and crumbs, fry golden brown in deep, hot fat (see page 249). Drain and serve hot.

CHAPTER XVIII

DUMPLINGS AND NOODLES

GARNISHES FOR DUMPLINGS

The following garnishes are used with dumplings, noodles or macaroni when served in place of a vegetable:

Onions, cut fine and fried in butter or other fat, are sprinkled over the top.

Cracker or stale ginger bread crumbs are sprinkled over the top.

Grated American cheese or cottage cheese with salt and pepper may be used.

Chopped walnuts or sugar and cinnamon mixed with cracker crumbs.

Scrambled eggs are mixed through the dumplings.

PLAIN DUMPLINGS (SPATZEN)

No. 1

1½ cups flour
1 teaspoon salt
½ cup water or milk
1 egg

Beat egg well, add salt and water and stir this into the flour until a smooth batter is formed.

Drop by spoonfuls into boiling, salted water and let cook 15 minutes. Drain in colander. Pour hot fat over them and serve, or pour cold water over them in the colander, reheat in fat or meat gravy or any other desired sauce, garnish with fried onions, cracker crumbs or any desired dressing.

No. 2

3 eggs
1 cup water or milk
2 teaspoons salt
1 teaspoon baking powder
2 tablespoons fat
1 onion, cut fine
3 cups flour

Beat 2 or 3 eggs well, add salt and water, then the flour and stir to a smooth, stiff batter. Drop by tablespoonfuls into boiling, salted water and let cook 15 minutes. Drain in colander. Heat the fat in a spider, add the dumplings, heat through and just before serving if desired, as a garnish, add 2 or 3 eggs beaten slightly. Stir well with spoon and cook a few minutes until eggs are set

or scrambled, or, brown onion in hot fat and pour over the top. Cracker crumbs or chopped nuts may also be used.

BAKING POWDER DUMPLINGS

1 pt. flour
4 teaspoons baking powder
½ teaspoon salt
1 scant cup milk or water

Mix the dry ingredients, stir in the milk or water gradually to make a soft dough. Drop quickly by the spoonful into the boiling water; or in making stews, let them rest on the meat and potatoes. Cover closely to keep in the steam, and cook just 10 minutes without lifting the cover. Serve at once with brown butter or any well seasoned meat sauce.

YEAST DUMPLINGS

1 pt. flour
½ oz. compressed yeast
1 cup lukewarm water
1 teaspoon sugar
2 eggs, beaten
1 teaspoon salt

Crumble the yeast in a cup with a little of the warm water, place in a mixing bowl with the rest of the ingredients, knead well to a smooth dough and set aside in a warm place to rise. When light, turn out on floured board and mould into large, round biscuits. Cover with a cloth and let rise in a warm place again. Then drop each biscuit or dumpling carefully into salted, boiling water (1 teaspoon salt to 1 quart water), and let boil 10 to 20 minutes, in a closely covered kettle. To test if done, lift the cover just long enough to draw out one dumpling; then with two forks pull it apart and if doughy inside, return to kettle, but if dry and spongy, serve at once. Removing each dumpling separately with a perforated skimmer; place on large, warm platter and serve covered with browned butter and sugar or any stewed fruit or sweet sauce.

SPONGE DUMPLINGS

1 tablespoon dry farina
½ cup butter
1 cup flour
1 cup milk
4 eggs
1 teaspoon salt
½ teaspoon nutmeg

Take half of the butter and all the flour on a soup plate placed over a pan of boiling water and mix together well. Heat the milk in a saucepan and while hot stir the butter mixture into it gradually and stir until it becomes a smooth paste, and loosens itself from the bottom of the saucepan, then put the paste aside to cool. Stir

the remaining butter to a cream, adding the 4 yolks one at a time, then the paste, seasoning it well with a little salt and nutmeg. Blend well, add a tablespoon dry farina, and lastly the well beaten whites of the eggs. Form with a teaspoon into oblong shape, drop into boiling salt water; cook 8 minutes, garnish with bread crumbs and butter.

POTATO DUMPLINGS

No. 1

6 medium potatoes
2 eggs
1½ teaspoons salt
1 cup flour
½ teaspoon sugar
⅛ teaspoon grated nutmeg
⅛ teaspoon cinnamon
¼ cup butter or other fat

Boil potatoes and when cold, grate or mash. Add the eggs, salt, flour and seasonings. Mix and knead lightly until smooth. Shape into one long, thick roll; cut roll into pieces from ½ to 1½ inches, and roll into dumplings the length of a finger.

Cook in boiling, salted water 10 minutes. Drain in colander, place on platter and pour hot fat over them so they will not stick. Keep hot, and serve with any desired dumpling garnish.

No. 2

2 lbs. cooked potatoes (6 large potatoes)
2 eggs
½ cup farina
1 scant cup flour
1 tablespoon salt
⅛ teaspoon nutmeg, grated

Boil potatoes in jackets. Peel, grate, or run through a ricer; cool and weigh.

Add the rest of the ingredients in the order given and form into balls, size of a walnut. Drop into boiling, salted water (1 teaspoon salt to 1 quart water), and let simmer 20 minutes. Drain and serve hot with browned butter or fat and garnished with browned cracker crumbs, or browned onions.

No. 3

6 large potatoes (2 lbs.)
¼ pound crackers
2 slices wheat bread
1 teaspoon salt
2 eggs
½ cup milk
½ cup flour

Boil potatoes, put through ricer and add salt. Roll crackers fine. Cut bread in small squares and fry golden brown in butter. Mix all together well. Stir in eggs and milk and lastly the flour. Roll into balls the size of a walnut. Drop into boiling, salted water, let simmer 10 minutes. Drain and serve with poultry or meat gravy.

MOCK ASPARAGUS

2½ cups cold, boiled potatoes riced
1 heaping cup flour
¾ teaspoon baking powder
½ teaspoon salt
2 eggs

Spread half of the flour over the potatoes, place egg in center and with fork beat and knead the mixture, gradually adding the rest of the flour with the salt and baking powder mixed. When smooth, shape into one long, thick roll; cut roll into inch pieces and shape the size of your middle finger to resemble asparagus. Drop one at a time in boiling, salted water (1 teaspoon salt to 1 quart water), let simmer 10 minutes. Drain and pour over them bread crumbs, browned in butter. Or, dip in egg and then in cracker crumbs and fry like Potato Croquettes, page 231. Serve hot.

POTATO DUMPLINGS WITHOUT FLOUR

No. 1

½ cup drained raw potatoes
1 tablespoon onion, chopped fine
2 tablespoons fat
3½ cups boiled potatoes riced
1 tablespoon salt
2 eggs

Grate a large, raw potato, place in strainer, let drain well, stirring occasionally. Heat fat in frying pan, add onion, when golden brown add drained potato. Let cook until it forms a paste. Let cool, add cold riced potatoes, salt and eggs; stir until smooth and form into balls size of a walnut. Drop into boiling, salted water, let cook 10 minutes, drain; pour over a little hot fat, and sprinkle with browned, buttered crumbs.

No. 2

Place grated, raw potatoes in a cheese-cloth bag. Squeeze, letting liquid drip into saucepan. Let stand undisturbed until starch settles at the bottom. Drain off carefully and add the starch and salt to the grated potato and mix well. Form into balls the size of walnuts. Place into boiling water and cook for 15 to 20 minutes. Remove to hot platter and pour bacon fat or brown butter over them.

PLUM DUMPLINGS

Follow recipe for Potato Dumplings, No. 1, page 237. When smooth, form in hollow of hand, into flat, round cakes, about 2½ inches wide. In each, place a sweet, blue, freestone plum, from which the pit has been removed and the space filled with sugar and cinnamon. Fold dough over and roll into a round dumpling. Cook in boiling, salted water for ten minutes. Serve hot. Spread bread crumbs browned in butter over the top.

LIVER DUMPLINGS

½ lb. calf's liver
1 cup cracker or bread crumbs
1 cup milk or water
1 egg
1 teaspoon salt
½ teaspoon grated onion
¼ teaspoon poultry seasoning
⅛ teaspoon nutmeg, grated
⅛ teaspoon pepper
Grated lemon rind

Skin the liver and remove every particle of tough fibre. Chop fine. Cook bread and water to a paste. Remove from stove, add egg, liver and seasonings and shape into balls size of a nutmeg and drop into boiling soup 10 minutes before serving time. Chicken liver may be used in place of the calf's liver. The heart and tender parts of gizzard may also be used.

MATZOS KLOESE

6 matzos
2 tablespoons goose fat or butter
½ onion
3 eggs
½ cup matzos meal
½ teaspoon chopped parsley
Salt
Pepper
Nutmeg

Soak the matzos (unleavened bread) in water and squeeze dry. Heat the fat in the spider, add the onions, cut very fine, and fry a golden brown; then add the soaked matzos, stirring occasionally until it will not stick to the pan. Let cool, season, add the eggs and the matzos meal. Let stand 1 hour, shape into balls. Drop in boiling, salt water and cook 15 minutes; drain and fry brown in hot fat or butter with an onion, cut fine and browned.

MATZOS KLOESE, FILLED

Matzos Kloese dough
Cooked prunes, stoned
2 tablespoons goose fat
1 onion, cut fine

Make round, flat cakes of the Matzos Kloese dough (recipe above) with your hands. Place a prune in the center of half of the cakes and cover with the other half; press the edges firmly together and roll until perfectly round. Drop in salted, boiling water (1 teaspoon salt to 1 quart water), cook 10 to 15 minutes, Heat goose or any poultry fat, add onion and brown nicely and pour over the boiled Kloese.

BOILED BROAD NOODLES

4 eggs
2⅔ cups flour (about)

Follow recipe for making Noodles, page 118, using four times the quantities. Divide into four portions and fold and cut one part into fine noodles, as for soup. Fold the other three parts.

each into a long roll and cut into "broad" noodles, ⅓ to ½ inch wide. When ready to serve drop broad and fine noodles in boiling, salted water, in separate kettles and boil broad noodles 15 minutes, fine noodles, 5 minutes. Drain in colander, return to kettle and pour 2 tablespoons hot butter or fat over broad noodles. Place on hot serving platter, cover with the fine noodles, fried.

VEGETABLE NOODLES

¼ cup strained vegetable
1 egg, slightly beaten
¼ teaspoon salt
2 cups flour

Take fresh vegetables: spinach, asparagus, peas or tomatoes. Cook until soft; drain and press dry; strain through fine sieve. Add egg, salt and flour to this pulp and knead to a smooth dough. Let stand covered ½ hour or longer. Roll very thin. Let stand and when no longer sticky, cut into ⅓-inch wide noodles. Drop into boiling, salted water. Boil 10 to 20 minutes or until tender. Drain, pour over melted butter or fat and use as a vegetable.

TO FRY NOODLES

Brown fine noodles in 1 tablespoon of butter in a frying pan, until crisp and serve on platter, hot, as a garnish on top of broad noodles, or fry them in deep, hot fat.

No. 1 NOODLE RING

Noodles, ⅓ to ½ pound
2 tablespoons butter
1 cup of browned bread crumbs or fried fine noodles

Follow directions for making Noodles, page 118, using 4 eggs. Cut noodles about ⅓ inch wide. Boil in salt water, drain in colander, pour cold water over them and let drain. Mix with 2 tablespoons butter and place in a well greased ring mould, sprinkled with bread crumbs. Set in a pan of boiling water and let bake slowly about ¾ hour. Turn out on hot platter and fill center with Sauted Mushrooms, page 214, and surround with Chicken a la King, page 190.

No. 2

3 cups boiled noodles
¾ cup milk or cream
Salt and pepper
3 eggs
1 tablespoon butter or chicken fat

Boil fine or broad noodles in salted, boiling water, until tender. Place in colander, pour cold water over them and let drain thoroughly. Beat eggs slightly, add salt and a little pepper, stir in the fat and lastly the milk or cream. Butter medium sized ring mould very well, add the boiled noodles. Pour over the custard. Set in pan of boiling water, place in a moderate oven and bake without browning, 30 to 45 minutes. The ring is set if a knife

put into it comes out clean. When ready to serve loosen edges with knife. Turn out on hot platter. Have creamed mushrooms in center, surround with Chicken a la Maryland, page 186.

Or, to 2 cups boiled noodles take 4 eggs beaten slightly and 1 cup of cream.

NOODLES A LA NEAPOLITAN

Broad noodles (4 eggs)
2 cups chopped ham or dried beef or chicken, cooked and seasoned
1 cup milk or cream
2 eggs
1 cup buttered bread or cracker crumbs

Follow recipe for Boiled Broad Noodles, page 240, pouring cold water through colander and drain. Into a well greased baking dish, place a layer of about ¼ of the noodles, spread ½ of the prepared meat over this, add another ¼ of the noodles, the remainder of the meat and spread over this the rest of the noodles. Beat eggs well, add milk gradually and pour over the noodles and meat, cover top with the crumbs and bake in a moderately slow oven about 20 minutes or until crumbs are well browned.

VIENNA NOODLES

Noodles
½ lb. ham boiled and chopped
¼ cup cream
½ cup cracker crumbs
2 tablespoons butter

Follow recipe for making Noodles, page 118, doubling the recipe and cutting the noodles about one-sixteenth inch wide. Cook in boiling, salted water until done, drain in colander and let cold water run through them. Butter a bread pan, dust with cracker crumbs, place in layer of the boiled noodles, then the ham, then the rest of the noodles. Pour the cream over this, sprinkle cracker crumbs over top and dot with bits of the butter. Bake one hour in moderate oven until brown and crisp. Remove from pan and serve hot.

ESCALLOPED NOODLES

Noodles
1 cup bread crumbs
3 tablespoons butter
¼ cup cracker crumbs

Follow recipe for making Noodles, page 118, doubling the recipe and cutting the noodles about ⅛ inch wide. Cook in boiling, salted water, drain in colander, and let cold water run through them. Melt 2 tablespoons butter, add the bread crumbs, let brown, then mix lightly through the boiled noodles. Butter a baking dish generously, dust with cracker crumbs. Place noodle mixture in

dish, sprinkle cracker crumbs over top and dot with bits of butter. Bake 1 hour in moderate oven. Remove from pan and serve hot.

SCALLOPED NOODLES AND PRUNES

Broad noodles (4 eggs)
1 lb. stewed prunes
2 tablespoons butter
1 cup buttered bread crumbs
Sugar and cinnamon

Follow recipe for Noodles, page 118; boil until tender. Put in colander, pour over cold water and drain. Stew Prunes, page 334, stone and sprinkle with sugar and cinnamon. Into a well greased baking dish place ¼ of the noodles, bits of butter or other fat, add ½ of the prunes, then another layer of ¼ of the noodles, butter, the remaining prunes, the rest of the noodles. Pour over the prune juice, and spread crumbs over top and bake in moderate oven until crumbs are brown.

NOODLES AND APPLES

2 cups boiled noodles
4 apples
2 tablespoons sugar
Salt
2 tablespoons fat
2 tablespoons butterine

Cook noodles. Wash, pare and cut apples in eighths. Melt butter and fat in a frying pan, put in ½ the noodles, then apples. Sprinkle with sugar, a speck of salt and cinnamon, cover with remaining noodles. Let bake until apples are soft and noodles are browned. Keep covered first ten minutes.

CHINESE NOODLES (CHOW MIEN)

2 lbs. noodles
1 cup water chestnuts
1 cup bamboo shoots
1 cup celery
1 lb. raw pork, or chicken
½ cup oil or drippings
2 young onions with greens
1 egg, beaten
2 tablespoons Chinese sauce
2 teaspoons salt
1 cup soup stock, or water
2 tablespoons cornstarch in 2 teaspoons water

Peel Chinese chestnuts, slice, then cut into threads; cut bamboo shoots and celery 3 inches long, then into slices lengthwise and then into long threads; cut pork, or chicken, into strips 1½ inches long; fry egg in oiled pan, cut in 1½ inch strips; cut onion into threads.

The noodles must be freshly made and well dried. Sprinkle about 2 tablespoons of oil over the noodles, place on rack of steamer, let steam 15 minutes, lifting carefully with fork to separate well.

Spread on board, let cool, then fry until crisp and golden brown in deep, hot oil. Drain well and place on hot platter. Have ready the following: Heat frying pan, add salt, ⅓ cup oil or pork drippings, then the pork, let fry gently without browning about 15 minutes, stirring occasionally. Then add chestnuts, bamboo shoots, celery and 1 tablespoon Chinese sauce. Cover, let steam about 15 minutes, stirring occasionally. Add 1 tablespoon Chinese sauce to soften cornstarch, mix with about ½ cup of soup stock or water. Pour over the vegetables. Mix well, add more water if necessary. Stir and let cook 2 minutes and spread over the hot fried noodles and decorate the top with onion strips and egg threads.

Chicken may be used in place of the pork.

EGG BARLEY OR PFARVEL

2 cups raw pfarvel
2 tablespoons fat or butter
¼ cup onions, cut fine
3 cups soup stock or boiling water with meat gravy
Salt to taste

Make "Pfarvel," page 119. Heat the fat, add onions, fry until a golden brown, add the dried "pfarvel" and brown nicely. Place in pudding dish, add hot soup stock or water to more than cover. Bake in a moderate oven about 1 hour or until water has nearly evaporated and the "pfarvel" stand out like beads and are soft. The onion may be omitted. Serve hot in place of a vegetable.

SCALLOPED NOODLES WITH CHICKEN A LA KING

Chicken a la King
1 lb. fresh mushrooms, sauted
⅜ inch noodles (3 eggs)
1 cup buttered bread crumbs

Follow recipe for Boiled Broad Noodles, page 240, pouring cold water through colander. Prepare Chicken a la King, page 190, not using peas or asparagus tips or the eggs in the sauce. Saute mushrooms, page 214.

Into a well-greased baking dish place ¼ of the noodles, ½ of the Chicken a la King and mushrooms with sauce, another ¼ of the noodles, the rest of the chicken and mushrooms and sauce with the remaining noodles on top. Spread the crumbs over all and bake in moderate oven until thoroughly heated and the crumbs are browned.

RAVIOLI

1½ cups beef pot roast chopped
½ cup chopped, cooked spinach
¾ cup grated Roman cheese
¾ cup stale bread crumbs
½ lb. pork sausage
1 clove of garlic, minced
2 eggs
Salt and pepper

Meat Filling—Prepare Beef Pot Roast, No. 2, page 163, season well, rubbing a clove of garlic over meat and when nearly tender adding a tablespoon of canned tomato pulp, page 589, to gravy. Put through food chopper. Reserve 1½ cups; mix with the rest of the above ingredients and stir well to form a smooth paste.

Noodle Dough—

3 cups flour
2 eggs
1 teaspoon salt
¼ cup water

Mix flour and salt in bowl. Beat eggs, add water and stir into the flour mixture. Knead until smooth, cover and let stand about 15 minutes to make elastic. Roll very thin, and cut into strips 3 inches wide. Along lower edge of each strip place small quantities of the meat filling (size of hickory nut), leaving an inch space between each filling. Fold the upper half of the dough over the filling, pressing the dough between each filling and along the edges.

Cut into squares or rounds with small biscuit cutter, having one filling to a square. Again press edges to close them tightly. Place Ravioli on floured board or cloth and let stand several hours to dry. Drop a few at a time in two quarts boiling water with one teaspoon salt and let them cook for 20 minutes. Take up with skimmer, drain thoroughly. Remove to hot platter, pour pot roast gravy over all, sprinkle well with more grated Roman cheese and serve.

N. B.—Cottage cheese seasoned with salt and pepper and smoothed with a little cream, may be used in place of the meat filling.

BOILED MACARONI

½ lb. macaroni
2 qts. boiling water
2 teaspoons salt
1 cup cold water

Drop macaroni cut in 3-inch pieces into the boiling water with salt. Boil 20 to 25 minutes or until tender. Drain in colander and pour cold water through it. Serve hot with browned butter or any well flavored sauce, and sprinkle grated cheese over top.

MACARONI AND CHEESE

Boil Macaroni, page 244, and prepare White Sauce, page 120. Have ready 1 cup of good, grated cheese. Butter a pudding dish, put in a layer of macaroni, one of sauce and one of cheese, then another layer of each, with cheese on top. Dust the top with sifted bread or cracker crumbs, dot with bits of butter and bake 15 minutes in a hot oven. Serve in dish.

MACARONI AND TOMATOES

1 cup boiled macaroni pieces
2 cups hot, strained tomatoes
¼ teaspoon onion, chopped
⅛ teaspoon pepper
2 tablespoons butter
2 tablespoons flour

Heat the butter in a spider, add the flour and seasoning and gradually add the hot, strained tomatoes and onion. Cook until smooth and pour over the hot boiled macaroni, or, place in pudding dish and bake in a moderate oven 15 to 20 minutes.

MACARONI WITH MUSHROOMS

Cover the bottom of a baking dish with about a tablespoon of melted butter, cover with a layer of boiled macaroni. Then a thick layer of washed, fresh mushrooms peeled and cut into slices, then another layer of macaroni and mushrooms, continue until the dish is full, having the last layer macaroni. Pour over one pint of cream. Cover and bake in a moderate oven ½ hour; then remove the cover and brown quickly.

Or, in place of the cream take ½ tablespoon butter, 1 small onion and a clove of garlic, chopped fine. Fry until all is browned, then add 3 tablespoons of strong beef soup stock and 4 dried mushrooms which have been soaked. Simmer all the ingredients for 5 minutes before pouring the sauce over the cooked macaroni.

MACARONI WITH TOMATOES AND MUSHROOMS

½ lb. boiled macaroni
1 tablespoon butter
1 small onion, cut fine
1 teaspoon flour
1 cup beef or chicken soup
1 pt. of stewed tomatoes
1 tablespoon finely chopped dried mushrooms
Salt and cayenne pepper
1 teaspoon parsley, chopped
3 tablespoons grated Parmesan or Roman cheese

Add salt and then the macaroni to the boiling water. Let boil 20 minutes, stirring to avoid sticking at the bottom of the kettle. Drain in colander; pour 1 cup of cold water through it; then return to cleared kettle.

If dried mushrooms are used, soak in warm water 1 or 2 hours,

changing the water several times. Heat the butter, add the onion; when slightly browned, add the flour, then the soup stock. Stir until smooth; add the tomatoes, strained, and let simmer 20 minutes. then pour over the hot boiled macaroni. Add mushrooms, season with salt and paprika; let heat through, add the parsley. Place on platter, sprinkle Parmesan or Roman cheese on top.

BAKED MACARONI WITH CHIPPED BEEF

2 cups cooked macaroni
¼ lb. dried beef, sliced
2 cups thin White Sauce
¾ cup buttered crumbs

Break macaroni in ½ inch pieces, boil until soft, page 244. Remove tough skin from thinly sliced smoked dried beef, separate in pieces. Cover with hot water, let stand 10 minutes, drain. Arrange in buttered baking dish, alternate layers of macaroni and beef, pour over White Sauce, page 120, cover with buttered crumbs, bake in hot oven until crumbs are brown.

MACARONI WITH EGGS

To ¼ pound cooked macaroni in a buttered dish, add salt, butter and pepper; grate over it 1 ounce cheese; stir two eggs in a cup of milk and pour over. Cover with bread crumbs and bake 20 minutes in a moderate oven until brown.

MACARONI AND OYSTERS

1 pt. oysters
1 pt. boiled macaroni
1 cup White Sauce
½ cup crackers, rolled

Break and boil macaroni, page 244, in salt water. Into a well greased pudding dish place drained oysters, and add macaroni, cover with White Sauce, page 120, which has some of the oyster liquor in it. Sprinkle with cracker crumbs and bits of butter. Bake until the crumbs are browned.

TO BOIL SPAGHETTI

½ lb. spaghetti
2 qts. boiling water
2 teaspoons salt
Cold water

Slide spaghetti gradually without breaking it, in the boiling water, to which the salt has been added. Boil 25 minutes or until tender. Drain in colander, pour 1 cup cold water through it and return to kettle.

Serve hot with browned butter, sprinkle with grated cheese or pour over any well seasoned sauce.

SPAGHETTI, SWEETBREADS AND MUSHROOMS

½ lb. spaghetti
1 lb. sweetbreads
½ lb. fresh mushrooms
¼ cup butter
1 tablespoon flour
½ cup milk or cream

Slide spaghetti without breaking it, in boiling, salted water, gradually, boil 25 minutes and drain. Melt 2 tablespoons of the butter in saucepan, add the spaghetti, season with salt and pepper to taste, mix well and pack into a well buttered mould and keep hot. Boil the sweetbreads, page 176, and saute the mushrooms, page 214. To the butter in which the mushrooms were sauted add the flour and when slightly browned add the milk or cream, cook until smooth. Turn spaghetti out of mould in the center of a serving platter, around this arrange the sweetbreads and over this the mushrooms with the sauce.

SPAGHETTI ITALIENNE

½ lb. spaghetti
2 qts. boiling water
2 teaspoons salt
1 can tomato (liquid)
2 cloves of garlic, cut fine
4 bay leaves
¼ teaspoon pepper corns
Salt to taste
¼ cup olive oil
¼ cup grated Parmesan cheese

Boil spaghetti, page 246, drain a can of tomatoes, set aside the pulp and place liquid tomato in saucepan with the garlic, bay leaves, pepper and the oil. Cook until thoroughly seasoned, strain and pour over the cooked spaghetti. Let cook again until thoroughly heated and place in hot vegetable dish, sprinkle generously with grated Roman or Parmesan cheese.

SOUTHERN SPAGHETTI

½ lb. spaghetti
½ lb. bacon, diced
3 onions, sliced
1½ lbs. chopped raw beef
2 green peppers, chopped
2 tablespoons chopped parsley
½ can kidney beans
½ can peas
½ can tomatoes
½ lb. cheese, chopped
½ can mushrooms, or fresh
Salt and pepper to taste

Boil spaghetti, following directions, page 246. Place bacon in spider, fry out fat; add onions, and fry to a golden brown. Add meat and vegetables and simmer a few minutes. Cover bottom of a baking dish with a layer of the boiled spaghetti, cover with a layer of the prepared mixture, repeat, having the last layer of spaghetti sprinkled with a little of the cheese. Bake in a slow oven about 2 hours. Serves 15 people.

SPAGHETTI, CHOP SUEY

2 lbs. spaghetti
¼ lb. salt pork
4 medium onions
¼ lb. beef
¼ lb. fresh pork
1 can tomatoes
1 clove garlic
Salt and cayenne pepper

Boil spaghetti, page 246. Put beef and pork through food chopper, using the coarse grinder; put salt pork and onions through chopper using the fine grinder. Heat salt pork in spider, try out the fat, add onions and fry until very brown; add chopped meat and let brown slightly. Cut garlic in two, rub on inside of spider, or add it minced fine, then add tomatoes, salt and pepper to taste and let cook slowly until it forms a well flavored sauce, pour over the hot boiled spaghetti and serve.

CREPLICH OR PIEROGI FILLED

Meat: 1 lb. chopped beef, raw
½ teaspoon onion juice
1 egg

Cheese: 1 cup cottage cheese
Milk or cream
Salt and pepper

Make "Noodle Dough," page 118. Roll very thin, cut into 2-inch squares.

For Meat Creplich or Pierogi, salt and pepper meat, mix rest of the ingredients—place a teaspoon on each square and fold in three-cornered shape, pressing the edges well together. Drop in boiling, salted water, let cook 15 minutes. Drain in colander, place on platter and pour 2 tablespoons hot fat over them, with browned onions as a garnish. May be sprinkled with browned cracker crumbs, chopped walnuts, or ginger bread crumbs.

For Cheese Creplich or Pierogi take ½ pint cottage cheese, rub smooth with a little milk or cream, add salt and pepper.

Or, if wanted sweet, in place of salt and pepper, add sugar, grated rind of lemon or cinnamon and stir in a slightly beaten egg.

PASTIES

Plain pie dough
½ pound raw beef diced
1 cup chopped onion
1 cup raw diced potatoes
Salt and pepper
2 teaspoons butter

Make plain pie dough, page 403. For 1 pastie take ½ the dough. Roll thin, shape and size of a pie plate. About 1 inch from edge, pile half of the potato, onion and meat, and if desired 1 cup diced celery. Sprinkle with salt and pepper. Lay other half of dough over this filling. Press edges together well and trim. Place 2 pasties in pie plate. Cut slit in top of each, into which drop 1 teaspoon butter. Bake ¾ hour in hot oven (400° F.) or until well browned, then reduce to 350° F. for 15 minutes, pouring a teaspoon of hot water into openings occasionally to keep from drying out.

CHAPTER XIX

ENTREES

COOKING IN DEEP FAT—GENERAL RULES

The fat used for cooking may be olive oil, corn oil, cottonseed oil, cottolene, beef drippings, lard, or a mixture of several fats.

Place the articles to be cooked in a bath of hot fat, deep enough to float them. The kettle should be of iron or aluminum; a frying basket or a wire spoon may be used to remove the food from the fat.

Foods already cooked or needing little cooking require a lower temperature than batters. The temperature of the fat for oysters, croquettes, fish balls, etc., may be tested by browning a cube of bread while counting forty. Counting sixty, while the bread browns, gives the right temperature for all other batters.

All the articles cooked must be drained on unglazed, brown paper.

When food has been taken from the fat, the fat must be reheated and tested before adding a second amount.

To Clarify Fat which has been used for frying may be clarified by frying a few thick slices of raw potato in the hot fat, for a few minutes, until brown and well done; strain through muslin, and when cold, cover. Fat may be used many times for frying and then be made into soap.

HOW TO EGG AND CRUMB CROQUETTES

Break an egg in a plate, beat slightly with a fork and add 1 tablespoon of water. Fill another plate with crumbs. Roll croquettes in crumbs and place on board, let stand 5 minutes. Dip in egg mixture, let drain, then roll in crumbs again. Place on board, let stand ½ hour or longer and then fry in hot, deep fat.

To Prepare Crumbs

Dry pieces of bread thoroughly, either in the open air or in a slow oven. Crush them fine and even with a rolling pin or run them through a food chopper. If two grades are desired, sift them, keeping the finer crumbs in one jar and the coarser in another.

CHICKEN CROQUETTES

3½ cups chopped chicken
Onion juice
1 tablespoon parsley
2 teaspoons lemon juice
Make 1 pint of very Thick White Sauce, page 121.

Chop the chicken very fine, and add sauce to make it as soft as can be handled. Cool and shape into rolls. Roll in fine bread crumbs, seasoned with salt and pepper, dip in beaten egg and roll in crumbs again. Cook in deep, hot fat until brown. A beaten egg may be added to sauce before mixing with meat.

SALMON CROQUETTES

1 lb. can salmon
½ teaspoon salt
Cayenne pepper
¼ cup cracker crumbs
½ teaspoon grated onion
1 well beaten egg
1 tablespoon chopped parsley

From a can of salmon, opened neatly, take the fish and mince it fine; add salt and pepper, and a tablespoonful of chopped parsley or celery tops and cracker crumbs; moisten it with a raw egg and mix well, turn it out upon a dish; then roll it into cones, dip these in beaten egg seasoned with salt and pepper, roll them in bread crumbs, drop into deep, hot fat and fry a delicate brown, drain them a moment, arrange neatly on a hot dish and serve with Tartar Sauce, page 128.

TUNA FISH CROQUETTES

1 large can Tuna
1¼ cups mashed potatoes
1 teaspoon chopped parsley
Salt, pepper, paprika and celery salt
Few drops lemon juice
1 egg

Pick fish with silver fork into fine particles; add the mashed potatoes, eggs slightly beaten and seasoning. Take rounded tablespoon of the mixture. Roll in desired form, dip in crumbs, egg batter, crumbs, and fry in deep, hot fat.

LOBSTER CHOPS

2 large lobsters, boiled
½ teaspoon grated onion
1 teaspoon chopped parsley
1 cup Thick White Sauce

Chop the lobster meat, make a Thick White Sauce, page 121. Add the boiled lobster meat, then the onion and parsley. Cook thoroughly, add salt and cayenne pepper to taste. Remove from stove. Divide in heaps, about ten, on a piece of clean paper, and cool thoroughly. Form into chop shape, and roll in egg and then in grated bread crumbs. Fry in deep, hot fat. Serve with a claw in each, to represent the bone. Serve very hot, with Tartar Sauce, page 128.

LOBSTER RISSOULES

Mince boiled lobster meat, pound the coral and add grated onion, salt, cayenne. Add grated yolks of 3 hard cooked eggs. Make a batter of 1 egg, 1 tablespoon flour and 2 tablespoons milk. Beat well together and mix the above with it. Roll into balls and fry in deep, hot fat.

CRAB MEAT CHOPS

2 cups crab meat, boiled and picked
1 cup Thick White Sauce
1 teaspoon chopped parsley
½ teaspoon chopped onion
½ teaspoon salt
Cayenne pepper

Make Thick White Sauce, page 121, mix with the rest of the ingredients. Cook all together and cool. Make 8 separate heaps of this and let stand an hour. Take each heap and form into a chop shape, dip in beaten egg, dredge in cracker dust and fry in hot, deep fat. Serve with hot Tartar Sauce, page 128, or Hollandaise Sauce, page 125.

EGG CUTLETS

6 hard cooked eggs
1 cup thick White Sauce
½ teaspoon paprika
1 teaspoon onion juice
1 tablespoon chopped parsley

Chop eggs rather coarsely, and add the parsley. Make a thick White Sauce, page 120. Season to taste with onion juice, paprika and salt. Take from the fire and add the eggs and parsley.

Spread out on a buttered dish and set away until cold. Dust the hands lightly with flour and shape spoonfuls of mixture in small cutlets, being careful to pat them out until of an even thickness; use as little flour as possible, or the creamy consistency will be lost. When all are shaped, dip each cutlet into slightly beaten egg, then in fine, dried bread crumbs, and immerse in hot, deep fat until golden brown. Drain on unglazed paper and serve with Tomato Sauce, page 123, or Cream Sauce, page 121.

CHESTNUT CROQUETTES

1 cup mashed French chestnuts
2 tablespoons thick cream
2 yolks of eggs
1 teaspoon sugar
¼ teaspoon vanilla

Mix ingredients in order given. Shape in balls, dip in crumbs, egg and crumbs again, fry in deep, hot fat and drain. See Chestnuts, page 210.

RICE CROQUETTES

1 pt. cold, cooked rice
2 or 3 tablespoons milk
1 egg
2 tablespoons butter
½ teaspoon salt
Little white pepper
Cayenne
2 tablespoons chopped parsley

Warm the rice in a double boiler, with enough of the milk to soften it. Add the butter, seasoning and beaten egg, and cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again. Cook in deep, hot fat until brown.

SOUFFLE FOR RINGS—GENERAL RULE

3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
1 cup hot milk or cream
3 eggs, separated
1 cup cooked vegetable or meat

Melt butter, add flour. When it bubbles add milk gradually, stirring constantly until smooth. Pour gradually onto well beaten yolks. Add vegetable or meat diced. Season to taste. Cool. Fold in stiffly beaten whites, place in a well buttered mould. Set in a pan with hot water 1 inch deep, cover with buttered paper, and bake in a moderate oven, 325° F., one-half hour or until firm. Loosen edges and turn carefully onto hot platter.

CANNED CORN TIMBALES

1 cup corn pulp
2 yolks, beaten
1 teaspoon salt
⅛ teaspoon white pepper
Cayenne
1 tablespoon melted butter
1 teaspoon sugar
½ cup soft bread crumbs
2 whites of eggs

Chop, mash and sift enough corn to make 1 cup of the pulp. Add well beaten egg yolks, salt, white pepper and a few grains of cayenne, melted butter, sugar and fine, soft white bread crumbs. Mix them, then add the stiffly beaten whites. It should be stiff enough to just drop from the spoon.

If too stiff, add cream; if too thin, add more crumbs. Turn into well buttered, small timbale moulds or in ring mould till ⅔ full. Place them in a pan of hot water, cover with buttered paper and bake about 20 minutes, or till puffed up all over. Turn out on a shallow dish and garnish with parsley.

Add 3 canned pimentoes, mashed fine, to corn pulp for variety.

CORN AND PIMENTO TIMBALES

Follow recipe for Corn Timbales, above, add 4 pimentoes, sifted through a colander, and a tablespoon of tomato catsup.

PEA TIMBALES OR RING

1 pint can peas
2 eggs, separated
Salt and pepper
2 tablespoons melted butter

Drain and mash peas through a sieve. There should be 1 cup of pea pulp. Season to taste with salt and pepper, and onion juice if desired. Stir in the yolks well beaten and the butter, then fold in the stiffly beaten whites. Fill greased timbale moulds or ring mould ⅔ full. Set in pan of hot water, place in oven (325° F.) until firm, 20 minutes for timbales, ½ hour for ring mould.

Serve with 1 cup Cream Sauce, page 121, to which ⅓ cup drained and rinsed peas is added.

CARROT RING

Wash, scrape and grind enough carrots to fill two cups. Cook in two tablespoons of butter in heavy saucepan, closely covered, over slow fire until tender. Drain and season with salt, pepper and paprika. Add Souffle, opposite page, using the cooked carrots as the vegetable, and mixing carrot liquid with the milk.

EGG TIMBALES—For 6 People

5 eggs, 1 cup milk, 1 white pepper, 1 teaspoon chopped parsley.

Beat the whole eggs till lemon colored, then add rest of the ingredients. Butter the timbale forms, fill with mixture and place forms in a pan half filled with water and bake 15 minutes in moderate oven. Serve with Cream Sauce, page 121.

CHICKEN TIMBALES OR RING

½ lb. raw white chicken meat
1 pint cold cream
Whites of 5 eggs
Salt and white pepper

Chop fine, and then pound the raw, white meat of a chicken from which the skin and sinews have been removed, add to this, while pounding, a rather scant pint of very cold cream, 1 teaspoon salt, white pepper, and the whites of 5 eggs, press through a sieve and then fill little moulds or ring mould which have been well buttered, place them in a saucepan of water about the depth of an inch. Cover the saucepan, put into oven 20 minutes, for timbales, or ½ hour for ring. Turn out of moulds onto a round platter, serve with Cream Sauce, page 121.

CHICKEN LIVER TIMBALES OR RING

12 chicken livers
1 teaspoon butter
¼ teaspoon chopped onion
5 eggs
½ teaspoon salt
Speck white pepper
1 teaspoon chopped parsley
1 tablespoon bread crumbs

Chop the raw livers and rub through a sieve. Place them in a pan and add butter and onion, cook 5 minutes and remove from

stove to cool, add the seasonings, 5 egg yolks, bread crumbs and mix. Beat the whites to a stiff froth and add to the mixture. Grease the timbale forms or a ring mould and sprinkle with bread crumbs, bake in pan half filled with water, timbales 15 minutes, ring ½ hour. Serve hot with Mushroom Sauce, page 121.

SWEETBREAD TIMBALES OR RING

1½ lb. sweetbreads
1 teaspoon salt
⅛ loaf stale wheat bread
½ lb. mushrooms
¼ teaspoon grated onion
1 pinch white pepper
3 eggs
6 truffles

Parboil sweetbreads, and chop, add grated onion, salt and pepper. Soak bread in cold water, squeeze dry and mash through colander. Mix sweetbreads, bread, beaten yolks of eggs, mushrooms, then the stiffly beaten whites of eggs. Butter small timbale forms or a ring mould, put in a few pieces of truffles, cover with the sweetbread mixture, place forms in pan of hot water. Cover with another pan and bake from ½ to ¾ hours. Serve with Cream or Mushroom Sauce, page 121. Truffles and mushrooms may be omitted.

SALMON TIMBALES OR RING

1 lb. fresh salmon
¼ lb. blanched almonds chopped
⅛ teaspoon salt
1 pinch white pepper
1 teaspoon Worcestershire sauce
1 teaspoon onion juice
1 egg
1 cup whipped cream

Chop salmon very fine, add almonds, seasoning, the egg yolk and the white, beaten stiff; then whipped cream and fill into buttered timbale forms, or a ring mould, bake in pan half filled with hot water 15 minutes for timbales, ½ hour for ring.

Turn them out and serve at once with Cream Sauce, page 121, colored with a pinch of pistachio coloring.

HALIBUT TIMBALES OR RING

½ lb. halibut, cut fine
1 cup grated bread crumbs
½ cup milk
1 teaspoon salt
A dash of white pepper
Beaten whites of 5 eggs

Take uncooked halibut, cut it into fine pieces, pound it, put it through a strainer; heat bread crumbs with milk, stir to a smooth paste. Remove from fire, add the fish pulp, salt and white pepper; fold it lightly into the stiffly beaten whites of 5 eggs. Fill in well buttered moulds, place in a pan of hot water in the oven (325° F.), for 20 minutes for timbales, ½ to ¾ hour for ring. Serve with a Tartare Sauce, page 128, or Hollandaise Sauce, page 125.

CHICKEN PUDDING

3 lbs. boiled chicken
½ cup celery, chopped fine
½ cup mushrooms, chopped fine
1 teaspoon chopped parsley
Salt, pepper, paprika
1 slice bread soaked in chicken broth and squeezed dry
¼ cup butter, creamed
3 eggs, separated
½ cup cream
1 teaspoon lemon juice
1 tablespoon Worcestershire Sauce

Take only the white meat of the ckicken, grind, not too fine. Add celery, mushrooms and seasoning; the bread, butter, yolks of eggs, well beaten and the cream; add lemon juice and Worcestershire Sauce, mix well and lastly fold in the stiffly beaten whites of eggs.

Place in a well-buttered mould, sprinkle with bread crumbs, and steam 1½ hours. Remove to hot platter, surround with pineapple slices that have been quickly fried in hot butter, and serve with Mushroom Sauce, page 121, and any hot biscuit.

LOBSTER IN SHELLS OR RAMIKINS

Cut into dice lobster (boiled) and mushrooms, add yellow Cream Sauce, page 121, red pepper and salt. Add grated onion, one cup White Sauce, page 120, and cook together 3 minutes. Fill in ramikins or in the shell of the lobster, cover lightly with cracker dust and a little melted butter, and bake 15 minutes.

SHRIMP SPANISH IN RAMIKINS

1 pint shrimp
1 tablespoon flour
1 tablespoon butter
1 cup hot soup stock
1 tablespoon catsup
2 yolks, beaten with salt, cayenne and grated onion
1 tablespoon cream
2 tablespoons lemon juice
1 cup buttered crumbs

Heat butter, add flour, add other ingredients in order given. Cook until smooth and add the shrimps. Fill into ramikins, cover with crumbs and bake 6 minutes. Serve at once.

CRAB MEAT IN RAMIKINS

1 cup crab meat
½ cup mushrooms
2 tablespoons butter
2 tablespoons flour
1 cup chicken soup or cream
Salt and paprika
2 yolks of eggs
2 tablespoons lemon juice

Melt butter, add flour and when it bubbles add the soup stock and cook until thick and smooth. Beat yolks slightly, add a little of the hot sauce and then gradually the remaining sauce. Add the crab meat and the mushrooms, cut in pieces, and the seasoning. Heat thoroughly and serve in heated patty shells or on toast or baked in ramikins, covering top with buttered bread crumbs garnished with chopped parsley or pimento.

FISH AND CHEESE IN RAMIKINS

1½ lbs. cold, cooked halibut
2 cups Cream Sauce
¼ lb. Parmesan Cheese
1 teaspoon Worcestershire sauce
½ cup soup stock

Follow recipe for Cream Sauce, page 121, add the Worcestershire Sauce and soup stock, mix with the halibut chopped, and heat. Fill in well buttered ramikins. Sprinkle with grated Parmesan cheese and bake 15 minutes in a moderate oven, in a pan half filled with warm water. This serves 9 people.

CHICKEN OR SWEETBREADS WITH MUSHROOMS
(In Ramikins)

½ cup mushrooms
2 cups chicken or Sweetbreads, diced
2 tablespoons butter
2 tablespoons flour
2 tablespoons chopped almonds
½ cup milk, cream or Mushroom liquid
½ cup chicken or Sweetbread liquid
Salt, pepper and ginger
1 teaspoon chopped parsley

Blanch the almonds, drain the mushrooms. Take equal parts of cold, boiled chicken and sweetbreads, diced, and mushrooms. Heat butter, add flour and gradually one cup of hot liquid, milk or cream with mushrooms and chicken or sweetbread liquid. Boil until smooth, add seasoning and almonds and parsley.

Place in ramikins in a dish of hot water, or in large pudding dish with buttered crumbs on top and brown in the oven.

SCALLOPED FISH

2 lbs. fish, in ½ inch cubes
1 cup bread crumbs
2 tablespoons fat
¼ cup almonds, cut fine
Tomato Sauce, page 123
Parsley

Melt fat and add to the crumbs. Put shredded fish in baking dish. Cover with hot Tomato Sauce and sprinkle bread crumbs on top. Bake from fifteen to twenty minutes or until the crumbs are slightly browned. Serve hot, decorated with parsley.

SCALLOPED MUSHROOMS

1 lb. fresh mushrooms
2 cups White Sauce
1 teaspoon onion juice
1 cup cream
1 cup buttered zwieback crumbs

Saute Mushrooms, page 214, and prepare White Sauce, page 120, add the onion juice. Into a well greased baking dish, place a layer (¼) of the sauted mushrooms, ¼ of the sauce, and ¼ of the crumbs, continue in this way until sauce is all used, pour cream over this and sprinkle remaining crumbs over top. Bake 15 minutes in moderate oven until crumbs are browned.

SCALLOPED SALMON OR TUNA WITH POTATOES

1 can salmon or tuna
3 tablespoons butter
4 tablespoons flour
3 cups milk
4 boiled potatoes, sliced
1 cup crumbs
4 tablespoons melted butter
Salt and pepper

Drain liquid from salmon or tuna and remove skin and bones and flake. Make a White Sauce, page 120. Into a buttered baking dish put a layer of fish and potato and cover with White Sauce, repeat; and cover with the buttered crumbs, and bake until brown. If tuna is used, add chopped pimento and parsley.

TUNA OR SALMON AND RICE

1 can tuna or salmon
1 cup rice
1 cup thin white sauce
Salt and pepper

Drain liquid from fish, remove skin and bones and flake into ½ inch pieces. Boil or steam Rice, page 38. Make Thin White Sauce, page 120. Line a small buttered baking dish with a layer of the rice, spread the fish over this, cover with rice, pour over the white sauce. Bake 15 minutes in a moderate oven until browned.

SHRIMP A LA CREOLE IN CASSEROLE

1 quart fresh shrimps
½ can mushrooms
½ can French peas
¼ can tomatoes
3 cloves
1 bay leaf
2 tablespoons catsup
1 onion

Shell shrimp and cut into dice. Stew all together ½ hour in a casserole. Salt and pepper to taste.

STEWED SHRIMP—(Italian)

Remove shells from 1 lb. of fresh shrimp, add to hot Tomato Sauce—Italian, page 123. Let cook slowly until tender about ½ hour, season well with salt and pepper and serve with hot boiled rice.

SHRIMP WITH EGGS

½ cup cooked shrimp meat
5 eggs
¼ cup dried mushrooms
Salt and pepper

Wash mushrooms thoroughly and soak in warm water 1 or 2 hours, changing water several times. Cut fine. Heat butter in spider, add mushrooms, cook 5 minutes, add shrimp meat, flaked, cook 2 minutes. Beat eggs, add seasoning, and pour into pan with shrimp mixture. Let cook slowly 5 minutes, until eggs are set. Slip from pan on hot platter, shrimp side up.

BAKED CRAB WITH MASHED POTATOES

Line a well buttered baking dish with 2 cups mashed potatoes, place in hot oven until slightly browned. Remove from oven and fill with 1 pint crab meat, mixed with 1 cup White Sauce, page 120. Sprinkle top with ½ cup cracker crumbs, mixed with 2 tablespoons melted butter, and bake until crabs are well heated and crumbs are delicately browned. Garnish with parsley.

SCALLOPED HAM

2 slices of ham
4 large potatoes
2 carrots
1 onion
1 spray parsley
1 pt. milk

Cut potatoes in thin slices. Chop fine the onion, parsley and carrots. Put a layer of potatoes in a baking dish. Season with salt and pepper and sprinkle with onion, carrots and parsley. Cover with one slice of ham, cut in 3 or 4 pieces. Repeat this until the dish is filled, covering with the other cut slice of ham. Pour over the milk and bake in a slow oven for 1½ hours.

SCALLOPED HAM AND POTATO

Raw ham sliced ½ inch thick
1½ cup milk
2 cups raw sliced potatoes

If salty, soak ham ½ hour, drain. Brown on both sides in spider, place in baking dish, add potatoes and milk. Cover and bake 1 hour in a slow oven, uncover and bake ½ hour longer.

HAM AND SWEET POTATOES

1 slice raw ham, 1 inch thick
6 medium sweet potatoes
¼ cup brown sugar
Nutmeg gratings

Place ham in hot frying pan, brown on both sides turning often. Bake in covered dish in slow oven 1½ hours or until tender.

Boil potatoes until tender. Peel, quarter and place in frying pan with ham drippings. Sprinkle with sugar nutmeg. Cook slowly, turning often until well browned. Serve meat on hot platter surrounded with the potatoes.

BAKED HAM WITH APPLES OR PINEAPPLE

1 slice raw ham (2 lbs.)
4 medium sized tart apples, or 1 cup of grated pineapple
⅓ cup brown sugar
1 teaspoon cloves

Have ham sliced one inch thick. Wash and trim. Rub in as much sugar as it will take. Place in pan and sprinkle with cloves

Pare and cut apples in eighths, lay them around and over ham, sprinkle the remaining sugar over apples, or pour over 1 cup of grated pineapple. Pour ½ cup water around meat. Cover and bake 1½ hours or until ham is tender. Uncover last 15 minutes.

VEGETABLE CHARLOTTE

6 large raw potatoes
3 large carrots, diced
3 eggs
2 teaspoons salt
¼ cup flour
1 teaspoon sugar
1 cup carrot liquid
Pepper

Grate potatoes, add salt and pepper, the eggs slightly beaten. Parboil carrots, adding sugar to the water, drain and reserve 1 cup carrot liquid. Mix potato mixture with carrots, add flour. Place in a well greased pudding dish and let bake slowly about 1½ hours until all is tender and a golden brown. Serve with Stewed Prunes, as a vegetable.

HAGGIS (Scotch)

1 lb. steel cut oats
Salt to taste
½ teaspoon white pepper
½ lb. minced suet
¼ lb. liver
1 onion

Parboil liver, grate when cold, mix all ingredients with water into a stiff paste, tie in pudding cloth ¾ full or in a thoroughly cleaned sheep's paunch. Put in boiling water, boil three hours.

FRIED RICE (Chinese)

6 cups cooked rice
1 cup roast pork, chopped
2 young onions with greens chopped
2 tablespoons oil or fat
1 tablespoon salt
2 eggs

Add salt to oil or fat, heat, add meat and onion. Let fry a few minutes. Add rice. Mix well. When hot add eggs whole, stir all together. Let cook a few minutes until eggs are set.

KASHE WITH ROAST CHICKEN (Russian)

2½ cups fine buckwheat grits
1 teaspoon salt
A little paprika
1 egg
2 cups boiling water
2 tablespoons fat

Mix salt, paprika and grits with egg, place in dish in oven to brown. Pour and stir in as much water as it will take up; add fat; cover, and bake 20 minutes or until tender. Stir into Roast Chicken Gravy, page 191, or any other poultry gravy. Fry an onion in the fat before roasting. Serve with the chicken or other fowl.

CHOP SUEY

2½ lbs. lean meat, sliced ⅛ inch thick
3 cups onion, diced
3 cups celery, diced
2 tablespoons Chinese sauce
2 tablespoons oil or fat
1 tablespoon salt
½ lb. Chinese water chestnuts, or Irish potatoes
1 quart or 1 lb. bean sprouts
3 tablespoons cornstarch moistened in 2 tablespoons cold water

Add salt to oil or fat, when hot, add meat cut in ¼ by 1½-inch pieces. Let simmer slowly until nearly tender, add 1 tablespoon Chinese sauce. Peel and slice water nuts, or slice raw potatoes ¼ inch thick, cut in dice; mix with the onion and celery and add to meat, stir well, and then place bean sprouts well washed over the top. Cover kettle and let steam or cook slowly 10 to 15 minutes. If not enough liquid use a little soup stock. Mix moistened cornstarch with 1 tablespoon Chinese sauce. Stir into the chop suey mixture. Let cook 1 minute and serve hot with Chinese Rice, page 39.

MEXICAN CHILI CON CARNE

2 lbs. of raw beef or pork
1 teaspoon salt
1 tablespoon fat
1 tablespoon flour
1 tablespoon Chili powder
1 cup hot water

Cut meat in ½ inch squares. Place in small heavy kettle closely covered. Let simmer over slow fire about 10 minutes until juices flow. Add salt, mix and cook slowly until tender. Add fat, mix, then sprinkle flour and Chili powder over top; stir well, simmer 5 minutes. Add water, stir until well blended, simmer 5 minutes. Keep covered and hot until ready to serve.

FILLET OF BEEF WITH ARTICHOKE

Broil 6 slices tenderloin of beef, page 157, place on each slice a heated artichoke heart, on top of this a Sauted Mushroom, page 214. Serve hot with Bearnaise Sauce, page 126.

BRUNSWICK STEW

1 lb. brisket of beef
3 lbs. young chicken
1 pint Lima beans
1 pint soup stock or water
4 ears corn (cut from cob)
3 potatoes (sliced)
2 tomatoes (quartered)
1 small onion
1 teaspoon paprika
1 teaspoon salt

Cook all together until tender and before serving remove the brisket of beef and any visible chicken bones.

MUTTON WITH EGG PLANT

½ lb. raw mutton
1 onion, chopped
1 teaspoon parsley
1 eggplant
Salt and pepper
Tomato sauce

Peel a good sized eggplant and chop. Put mutton through the food chopper, season, using paprika. Add the chopped onion and parsley. Put mixture in bake dish, pour over Tomato Sauce, page 123, and bake slowly, about ½ hour.

PRESSED OR JELLIED CHICKEN

Dress, clean, cut in pieces and salt a 4-pound fowl. Put in a stew-pan with 2 slices of onion; a little celery root, a small carrot and cover with boiling water; cook slowly until meat falls from bones. Remove chicken, reduce stock to one cupful. Strain and skim off fat. Butter a mould or take small individual moulds, decorate bottom and sides with slices of hard cooked eggs and parsley and the carrot cut in fancy shapes. Pack in the meat freed from skin and bone and sprinkle with salt and pepper. Pour on stock and set away to cool with weight on top of meat. In summer add 1 teaspoon granulated gelatine softened in 1 tablespoon cold water and stirred in 1 cup of the boiling chicken broth until dissolved. When ready to serve, dip mould in warm water 1 minute, turn out and decorate with parsley.

CHICKEN MOUSSE

3 yolks
1½ cups milk
1½ tablespoons gelatine
¼ cup cold water
1 cup minced white meat of chicken
1 cup heavy cream
½ cup hot chicken broth
Salt, pepper and paprika

Beat yolks, add milk and cook in double boiler until a light custard. Soak gelatine in cold water, add the hot chicken broth, stir until dissolved, then add to the custard; then the minced chicken. Season to taste and when cool add the cream, whipped. Put into a greased ring mould; let stand in ice box several hours or overnight. Place on large platter and serve with Fruit Salad, page 295, or any other desired salad, in center of ring.

Or, soak the gelatine in cold water, dissolve in hot stock, and strain. When mixture begins to thicken, beat, using an egg beater, until frothy; then add cream beaten until stiff, and chicken dice. Season with salt and pepper. Turn in any desired mould or moulds, first dipped in cold water. Set aside several hours to harden and chill.

JELLIED VEAL (SULZ)

2 lbs. leg of veal (shank)
2 qts. water
Salt and pepper
1 small carrot
1 piece celery root
1 small onion

Season meat with salt and pepper, place in water with vegetables, let boil slowly until meat falls from bones. Strain the liquid, remove bones, cut meat and vegetables in small pieces. Boil liquid until reduced ½, pour over meat and vegetables. Place in mould and set aside to cool and harden. Serve in slices.

JELLIED VEAL LOAF

4 lb. knuckle of veal
1 small onion
4 hard cooked eggs
1 tablespoon chopped parsley

Wipe meat, put in kettle with onion and cover with boiling water. Cook gently until meat is tender. Strain liquid, put meat through chopper. Salt and pepper. Garnish bottom of mould with slices of egg. Cover with meat. Reduce liquor to 1 cup and pour over meat. Press and chill. Serve garnished with parsley.

JELLIED MEAT LOAF

2 cups soup stock or diluted gravy
2 tablespoons gelatine
½ cup cold water
2 cups chopped meat
1 teaspoon chopped onion
2 tablespoons chopped celery
A little green or red pepper

Soak gelatine in cold water 2 minutes. Add boiling soup. Set aside to chill. When it begins to stiffen add meat and vegetables. Turn into a square mould, and chill several hours. Remove from mould and cut in slices for serving.

JELLIED VEGETARIAN LOAF

2 tablespoons gelatine
½ cup cold water
1½ cups hot milk
½ cup bread crumbs
1 cup nutmeats, ground fine
1 egg, well beaten
1 cup cooked rice

Soak gelatine in cold water, dissolve in the hot milk. Mix rest of the ingredients thoroughly and cook 15 minutes in double boiler. Then add gelatine. Turn into mould, set aside several hours to harden, and chill. Serve garnished with parsley.

VEGETARIAN CHICKEN

Cold baked beans
Bread stuffing
1 tablespoon butter
¾ teaspoon water

Strain the beans and spread in layer 1½ inches thick. Make Bread Stuffing No. 1, page 181, using chopped nuts in place of

the meat, fold beans over the dressing, shape as desired and bake ¾ hour. Baste twice with the butter and water.

VEGETARIAN LOAF

¾ cup dried bread crumbs
1 cup peas
¼ cup walnuts (chopped)
1 egg
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter, melted
¾ cup milk

Drain peas and rub through strainer. Add other ingredients, mix well and put in a small buttered bread pan. Cover with paper and bake 40 minutes in a slow oven.

PATTY SHELLS AND VOL-AU-VENTS

Patty shells are small pastry shells baked crisp with a hollow center and used for individual service. They may be filled with creamed oysters, chicken, lobsters, crab meat, sweetbreads and mushrooms, alone or in combination. The meat is cooked and cut in small pieces, heated in a highly seasoned White, Cream or Creole Sauce, pages 120-121-122. Heat shells in oven before filling.

To Make Patty Shells roll Puff Paste, page 403, ⅓ inch thick. Cut into 3-inch rounds with cookie cutter. Remove center from ⅔ of them with smaller cutter, thus forming rings. Fit 2 rings of the pastry one on top of the other, over a large round, brush edges with cold water, pressing lightly. Chill until paste is stiff. Place in pan, on brown paper, in hot oven. They should puff up and begin to brown in 15 minutes, bake 10 minutes longer until crisp and brown. Save pieces cut from center and bake for patty covers.

Or place pastry on inverted muffin tins, prick center with fork, and bake.

For Vol-au-vents—Roll pastry ⅓ inch thick. Take ⅔ of paste and place on inverted cake pan, covering bottom and sides. Prick center with fork. Roll the remaining ⅓ into a large round, as a cover. Place in hot oven, turning often, until crisp and brown.

Bread or Biscuits—Cut stale bread in 2-inch slices, remove crusts, shape into squares, oblongs or rounds. Remove centers, leaving cases. Fry in deep, hot fat or brush over with melted butter and brown in oven, fill with any creamed, heated meat or vegetable.

Shredded Wheat—Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Heat and fill with shell fish, meat, poultry or vegetables cut in small pieces, and heated in thick highly seasoned White Sauce, page 120.

Popover—If popovers are left from breakfast, make an opening in each and fill with sweetened whipped cream or cut off top and fill with heated creamed chicken meat, fish or vegetables, diced.

SWEDISH TIMBALE CASES

¾ cup flour
½ teaspoon salt
1 teaspoon sugar
½ cup milk
1 egg
1 tablespoon olive oil

Mix dry ingredients, add milk gradually and beaten egg; then oil. Put timbale iron deep enough into deep, hot fat to more than cover it and let heat. Turn timbale batter into a cup. Lower hot iron into cup to only ¾ its depth. Then immerse iron in the deep, hot fat again, the mixture will rise to top of iron and when crisp and brown, may be easily slipped off. If the cases are not crisp the batter is too thick and must be diluted with milk.

Fill cases with creamed chicken, sweetbreads, oyster or peas.

CREAMED LOBSTER PATTIES

2 cups diced boiled lobster
1 cup mushrooms, in pieces
½ small onion, sliced
½ tablespoon green pepper, minced
1 tablespoon parsley, minced
1 tablespoon pimento
3 tablespoons butter
2 tablespoons flour
½ teaspoon salt
Dash of cayenne
2 egg yolks, beaten
2½ cups milk

Melt butter, add onion, pepper, parsley, pimento and mushrooms, stir and cook 10 minutes. Add flour, mix, and pour in gradually 2 cups of milk. Add lobster and cook 10 minutes. Add remaining milk to beaten yolks, and just before serving pour into the lobster mixture. Let cook through without boiling and serve at once in heated patty shells.

SHRIMP WIGGLE—PATTIES

1 cup shrimps, cut
1 cup canned peas, drained
4 tablespoons butter
2 tablespoons flour
½ teaspoon salt
1½ cups milk

Melt the butter and add flour, salt and a little paprika, pour the milk on gradually, stirring until thick. Add shrimps. Fill into heated patties and serve.

GOOSE LIVER PATTIES

Place several goose livers in milk and allow to remain one day. Drain. Slice some truffles, salt and pepper. Smother in goose fat or butter, or both, a few minutes until tender. When cold, chop; add the butter; heat mixture, fill into heated patties.

OYSTERS IN CRUST CASE

Cut ½ inch slice from top of a loaf of bread, remove soft bread, leaving a crust ½ inch thick, brush inside with ½ cup melted butter, place in slow oven until crisp. Make White Sauce, page 120, add 1 qt. oysters, chopped, let cook until oysters are plump, and begin to curl. Turn into bread case, garnish with parsley and serve.

CHAPTER XX

CHEESE DISHES

Cheese should not be tightly covered. Keep in refrigerator, wrapped in cheese cloth wrung out of vinegar.

When it becomes dry and hard, grate and keep covered until ready to use. It may be added to starchy foods.

Soda, in cheese dishes which are cooked, makes the casein more digestible.

A soft, crumbly cheese is best for cooking.

Cheese is sufficiently cooked when melted, if cooked longer, it becomes tough and leathery.

COTTAGE CHEESE

Heat sour milk or buttermilk slowly until the whey rises to the top; pour it off, put the curd in a bag, and let it dry for six hours without squeezing it. Pour it into a bowl, and break it fine with a wooden spoon. Season with salt. Mould into balls and keep in a cool place. It is best when fresh.

COTTAGE CHEESE FOR THE TABLE

1. Add 2 tablespoons sweet or sour cream to 1 pint of cottage cheese, blend well, then add 1 teaspoon chopped chives or 1 teaspoon of caraway seed.

2. Or, if cheese is moist, press until dry in cotton cloth. Take 1 pound cottage cheese, add ¾ teaspoon salt, ⅛ teaspoon paprika, 1 teaspoon finely minced or grated onions, 2 tablespoons melted butter and 2 tablespoons cream. Rice, or rub through a course strainer.

3. Or, rub through strainer, season, and mix with an equal amount of whipped cream and beat until very light.

KOCH KAESE (Boiled Cheese)

1 qt. cottage cheese
1 teaspoon caraway seed
1 teaspoon salt
1 tablespoon butter
1½ cups water
Yolk of 1 egg, beaten

Press cottage cheese until dry, add salt and caraway to taste. Put in earthen dish, cover well, set in a warm place. Stir with a fork every day for a week, or until ripe and clear. Place butter and water in spider, when warm add cheese and boil slowly 20 minutes, stirring constantly. Remove from stove, add yolk of egg and beat until glossy. Pour into bowl or cups, rinsed with cold water, serve when cold.

No. QUICK KOCH KAESE (Boiled Cheese)

4 ripe Hand Cheese
2 tablespoons butter
1 cup milk
½ teaspoon caraway seed

Place cheese in small saucepan. Cut into chunks, add rest of the ingredients, place over slow fire, let come to a thorough boil, pour into cups or bowl, rinsed with cold water. Serve when cold.

No. 2—With Soda

½ lb. cottage cheese
1 tablespoon butter softened
⅓ teaspoon salt
Pinch of cayenne pepper
1 egg
½ cup cream or milk
¼ teaspoon soda
½ teaspoon caraway seed

Place cheese, butter and seasoning in saucepan. Add ½ teaspoon mustard, if desired. Stir in egg and then the milk or cream. Heat over slow fire, add soda, let come to boil, stirring constantly until smooth. Pour into cups. Serve when firm and cold.

No. 1 POTTED CHEESE

1 tablespoon butter
¼ lb. American cheese cut fine or grated
⅛ teaspoon cayenne pepper
Yolk of 1 egg, beaten
¼ cup cream

Melt the butter, add cheese and pepper. Stir until melted, then beat in gradually the yolk of egg, diluted with cream, and cook, stirring constantly until thick and smooth. Pour in small jars.

No. 2

1 lb. snappy cheese
2 teaspoons salt
1 teaspoon mustard
Speck of cayenne
½ cup white vinegar
1 tablespoon oil

Grate cheese. Add dry ingredients and vinegar; beat until blended, add oil to make a smooth paste. Fill into jars.

BAKED CHEESE AND BREAD

½ small loaf of bread
½ lb. American cheese
½ teaspoon salt, paprika
Butter as needed
2 eggs
1½ cups milk

Cut the bread in slices, spread with butter, pile one above another and cut in squares, cut the cheese in thin slices. Put squares of bread and slices of cheese in a baking dish, in alternate layers, sprinkling each layer with salt and paprika. Beat the eggs, add the milk, mix and pour over the bread and cheese. Bake very slowly until firm in the center. Serve hot.

CREAMED CHEESE

1 tablespoon butter
2 tablespoons flour
1 cup milk
¼ cup grated cheese
¼ teaspoon salt
1 egg, beaten

Melt butter in a saucepan, stir in flour, then milk slowly and stir constantly until smooth. Then place over hot water, add

cheese and cook until it melts, stirring all the time.

Add beaten egg and cook 1 minute. Serve on toast or crackers.

CHEESE FONDUE

½ lb. grated cheese
1 tablespoon butter
1 teaspoon cornstarch or
1 egg, slightly beaten
¼ teaspoon salt
¼ teaspoon mustard
Few grains cayenne pepper
½ cup cream or milk

Melt butter, remove from fire, add cornstarch, or egg, and seasoning, stir until well mixed, then add cream gradually and cook 2 minutes. Add cheese and stir until cheese is melted. Season and serve on crackers.

Either a double boiler or chafing dish may be used.

CHEESE SOUFFLE

2 tablespoons flour
2 tablespoons butter
½ cup grated cheese
4 eggs, separated
1 pint of milk

Rub butter and flour together over the fire, when they bubble, add gradually hot milk; season with pepper and salt. Add slowly the grated cheese. Remove from fire. Add the beaten yolks, cool the mixture, then add the beaten whites, stirring all together thoroughly. Put in pudding dish which has been well buttered, and bake in a moderate oven from fifteen to twenty minutes, until it is set—like custard. Serve at once.

CHEESE MIXTURES ON CRACKERS

No. 1—Pimento

Mash a cream cheese, season with salt and a tablespoon finely chopped pimento, and stir with a little cream until smooth and creamy; pile a small mound of the mixture very lightly on top of an unsweetened wafer cracker and garnish with slice of pimola (deviled olive), cut crosswise.

No. 2—American Cheese

Grind ¼ lb. American cheese, season with ¼ teaspoon salt, a little paprika, ½ teaspoon mustard and work until creamy with a tablespoon each of butter and cream. Pile very lightly on unsweetened wafer cracker or spread mixture between crackers.

No. 3—With Watercress

Follow recipe for Cheese Balls No. 3, page 269, add 1 tablespoon cream and one of finely chopped watercress and spread between crackers.

No. 4—Toasted

Prepare grated cheese, moisten with cream, season with salt and cayenne pepper. Butter and cover each cracker with the mixture and return it to the oven. When cheese is melted the crackers are ready for use.

No. 5—Camembert

Beat thoroughly a well ripened Camembert Cheese with 2 tablespoons butter, ½ teaspoon paprika, 3 or 4 dashes of tobasco and 3 drops of Worcestershire sauce; beat until smooth. Serve with hot toasted crackers, or in a dish surrounded with chopped ice, or shape into tiny balls, rolled in paprika.

CHEESE MIXTURES ON TOAST

No. 1—Cheese Puffs

¼ lb. American cheese
¼ lb. New York cheese
½ teaspoon baking powder
2 eggs, separated
Rounds of wheat bread
Butter to spread

Cut bread into ⅓-inch slices, then into 2-inch rounds and toast lightly on one side. When cool spread the untoasted side well with creamed butter.

Grate cheese, add baking powder, mix lightly with beaten yolk of eggs, then fold in the stiffly beaten whites. Spread a thick layer of this mixture on buttered side of toast, piling it higher in center. Put close together in pans, place under flame and when puffed up and light brown, serve.

No. 2—Roquefort

⅛ lb. Roquefort cheese
¼ lb. cream cheese
1 tablespoon butter
1 tablespoon lemon juice
1 teaspoon salt
½ teaspoon chives, cut fine

Mash the cheese, stir with other ingredients until smooth. Form into balls or serve on hot buttered rye bread toast.

No. 1 **CHEESE STICKS**

2 tablespoons butter
½ cup flour
3 tablespoons bread crumbs
¼ cup grated cheese
⅛ teaspoon salt
1 egg
Pinch cayenne pepper

Cream the butter, add the dry ingredients, and mix all together with the egg. Roll thin, cut in long, narrow strips and bake in a quick, hot oven. If desired a variety of shapes may be made. Twist strips into rings or corkscrew fashion.

No. 2

4 cups flour
2 teaspoons baking powder
1 teaspoon salt
1½ cups butter
2 yolks of eggs
2 cups milk
1 lb. grated cheese, parmesan or Edam

Mix dry ingredients, rub in butter, add egg and milk. Roll; sprinkle cheese over one-half of dough, fold, press edges together, fold again; pat and roll out ¼ inch thick. Sprinkle with cheese and proceed as before. Cut in strips ¼ inch wide and 5 inches long, or with doughnut cutter. Bake 8 minutes in a hot oven. Pile the sticks log cabin fashion and serve with salad course.

No. 3.

¼ lb. butter, creamed
1⅜ cups bread flour
½ teaspoon salt
¼ lb. soft American cheese, grated
⅓ teaspoon paprika
¼ lb. New York cheese, grated

Mix well, add a few grains white pepper, put through pastry tube or cookie press on back of pan or on cookie sheet, then cut into 3-inch pieces. Bake 475° F. about 10 minutes, or until light brown.

CHEESE FINGERS

Roll Flaky Pie Dough, page 403, thin, brush lightly with ice water, cut into strips half an inch wide and four inches long. Scatter grated cheese on half of the strips, put on the others, press together lightly, lay on buttered paper and bake in a quick oven. Serve with salad.

CHEESE BALLS

No. 1

1 cup cream cheese, mild
½ cup fine grated bread crumbs
5 drops Worcestershire sauce
1 egg, well beaten

Mix well and roll into small balls; place in wire basket, and just before serving fry in deep, hot lard a delicate brown.

No. 2

1 cup grated cheese
1 teaspoon flour
1 white of egg
½ teaspoon salt
Speck pepper

Mix seasoning and flour with grated cheese, then beat into the stiffly beaten white of egg. Fry in deep, hot fat.

No. 3

1 cake cream cheese
Piece of butter half the size of cheese
6 dashes Tabasco sauce
1 tablespoon cream
¼ teaspoon salt

Mix all well together in a bowl and form one large ball or small ones for each person, and roll in chopped pecan nuts.

FROZEN CHEESE FOR SALADS

2 cakes of cream cheese
1 cup of whipped cream
½ cup chopped olives
¼ cup chopped pimentos
1 tablespoon gelatine
¼ cup cold water
Salt and cayenne pepper
Lemon juice

Rub the cheese to a paste, add the whipped cream, olives and pimentos, and season with salt, cayenne pepper and lemon juice. Soften gelatine in cold water and dissolve over hot water. Add the cheese mixture, put into baking powder cans dipped in cold water, pack in ice and salt or in drawer of electric refrigerator, let stand several hours. Serve with salad.

CHEESE BON BONS WITH SALADS

No. 1—Walnut Creams

Cut a cream cheese in pieces, ¾ inch square by ½ inch deep, press two halves walnuts or peanuts on each piece, opposite each other.

No. 2—Stuffed Dates

Mash a cream cheese, season with salt and paprika and moisten with a little cream. Cut lengthwise, slit and remove stones from dates and fill each cavity lightly with 1 teaspoon of the cheese mixture, allowing it to show.

No. 3—Stuffed Figs or Prunes

Make a lengthwise incision in steamed prunes, remove stones and proceed as for Stuffed Dates. Steam dried figs in double boiler, remove stems, make lengthwise incision and proceed as for Stuffed Dates.

No. 4—Carrots

Press through a ricer or coarse sieve ½ pound of fresh, yellow American cheese, season lightly with paprika. Take a heaping tablespoonful, place in palm of hand and roll and shape in form of carrot. Place a sprig of parsley in stem end and serve as a garnish with salad course. Makes 15 carrots.

No. 5—Crab Apples

Press through a coarse strainer ¼ pound American cheese. To each crab apple, take heaping tablespoon cheese and 2 whole cloves. Roll and shape cheese in palm of hands to form the crab apple. Stick a clove at each end of crab apple, having head of clove show at one end, the stem at the other end. Sprinkle with paprika.

CHAPTER XXI

CHAFING DISH RECIPES

CHAFING DISHES

A tray should always be used under the chafing dish, as there is danger of setting fire to the tablecloth.

When a recipe calls for milk or cream, the hot water pan should be used; when something is to be sauted or fried, the dish is placed directly over the flame; constant watching, turning and shaking is necessary, as the alcohol flame is hot and comes in direct contact with the metal pan.

WELSH RAREBIT

No. 1

1 tablespoon butter
½ lb. cheese
¼ cup milk
1 egg
⅛ teaspoon salt
⅛ teaspoon mustard
Speck of cayenne pepper

Melt the butter, break the cheese into small pieces, and add the seasoning and a speck of cayenne pepper to the butter. When the cheese melts, add the egg, beaten with the milk, and cook one minute. Serve at once on toast or wafers.

No. 2

1 lb. fresh American cheese
1 tablespoon melted butter
¼ teaspoon salt
¼ teaspoon paprika
½ teaspoon dry mustard
½ cup near beer

Place cheese, cut in small pieces, in double boiler, with butter, seasoning and a dash of cayenne pepper. As cheese melts, add very gradually ½ cup near beer, or ½ cup cold water to which 1 teaspoon Worcestshire Sauce has been added. Stir constantly until smooth. Serve on toast or crackers.

TOMATO RAREBIT

½ cup soft bread crumbs
½ lb. grated cheese
1 cup strained tomatoes
¼ teaspoon salt
⅛ teaspoon pepper
Toast or crackers

Place all together in a saucepan, cook until smooth, stirring constantly, and serve at once on hot toasted bread.

OYSTER RAREBIT

1 cup oysters
2 tablespoons butter
½ lb. soft, mild cheese, cut in small pieces
¼ teaspoon salt
Few grains cayenne pepper
2 eggs

Clean, parboil and drain oysters, reserving liquor; then remove and discard tough muscle. Melt butter, add cheese and seasonings; as cheese melts add gradually oyster liquor and eggs, slightly beaten; when smooth add oysters. Serve at once.

PEANUT BUTTER RAREBIT

1 tablespoon butter
1 tablespoon flour
½ teaspoon salt (scant)
⅛ teaspoon cayenne
1 cup milk
½ cup peanut butter
½ teaspoon mustard

Melt the butter, add dry ingredients, then the milk and stir until boiling, then stir in peanut butter; serve on crackers, or bread toasted on one side, pour mixture on untoasted side.

VENETIAN EGG

1 tablespoon butter
1 tablespoon chopped onion
Small bay leaf
2 or 3 whole eggs
½ can tomatoes
1 teaspoon salt
1 teaspoon sugar
Speck paprika

Melt butter, add chopped onions and cook together for a few minutes; add tomatoes, bay leaf, salt, sugar, paprika. When hot, pour in the whole eggs. When cooked a bit, break them up with fork. Serve on toasted wafers.

CITY CLUB SANDWICH

¼ cup ham, chopped
1 egg, beaten light
1 teaspoon green pepper chopped
1 tablespoon fat (bacon good)

Fold ham and pepper lightly in egg. Heat a spider, add the fat, turn in the mixture, brown on one side, turn and brown on the other. Serve hot on bread or toast.

SMOKED BEEF SANDWICH

¼ lb. smoked beef
1 egg, beaten light
1 teaspoon green pepper
1 tablespoon fat

Take a fat piece of boiled, smoked, pickled meat (chop). Heat a piece of the fat in chafing dish, fold meat and pepper, chopped

fine, lightly into the egg. Turn into hot fat, brown on one side, turn and brown on the other. Serve at once on bread or toast.

MOCK CRAB ON TOAST

2 tablespoons butter
½ lb. cheese
1 tablespoon anchovy paste
½ cup cream
½ teaspoon salt
½ teaspoon dry mustard
1/16 teaspoon cayenne pepper
2 yolks

Melt butter in the blazer (over hot water pan), add cheese, anchovy seasoning. Then stir the yolks in the cream and add to the mixture, stirring constantly; when smooth serve on toast.

FRESH CRAB MEAT AND GREEN PEPPERS

1 pt. crab meat
2 green peppers
1 cup White Sauce

Cook the crab meat in a chafing dish in the White Sauce, page 120, and add the green peppers, cut in small pieces.

CREAMED CRAB MEAT

2 tablespoons butter
½ cup bread crumbs
1 cup cream
½ teaspoon dry mustard
1 pt. crab meat
2 yolks, beaten
Salt
Cayenne pepper, or Tobasco sauce

Put the first four ingredients into chafing dish; when it boils stir in the rest.

LOBSTER FOR CHAFING DISH

2 boiled lobsters
1 ounce fresh butter
2 small truffles
3 yolks
½ pint cream
¼ teaspoon onion
Red pepper and salt

Cut the lobster in 1-inch pieces. Place in a saucepan the butter, salt, red pepper and ⅛ teaspoon grated onion and the truffles cut in small pieces and cook for 5 minutes. Have the yolk of eggs in a bowl, add cream, beat well together and add lobster. Gently shuffle all together over the fire for 2 minutes or until well thickened. Serve hot.

LOBSTER A LA THACKERAY

Meat of 2 lobsters, inch pieces
½ cup butter
¼ teaspoon salt
3 dashes cayenne pepper
1 tablespoon walnut catsup
1 teaspoon paprika

Put into the saucepan (or chafing dish) the green part of the lobster, and add butter, salt, cayenne, walnut catsup, and paprika. Cook this five minutes, then add the meat of two lobsters cut into 1-inch pieces.

SCOTCH WOODCOCK

4 chicken livers, boiled and mashed
2 tablespoons anchovy paste
2 tablespoons butter
1 yolk
1/16 teaspoon cayenne pepper
2 yolks
1 cup cream
½ teaspoon salt
Toast

Mix a paste of livers and anchovy, butter, 1 yolk, salt and pepper; spread this on toast and put in the oven, then make a sauce (in the double boiler), of 2 yolks, slightly stirred with 1 cup cream, cook together, and pour over the spread toast.

RINKTUM—DITY

1 can tomatoes
1 cup grated cheese
½ small grated onion
1 green pepper, chopped
2 tablespoons butter
2 eggs
1 teaspoon salt

Mix tomatoes, cheese, onion juice and the pepper, chopped. Melt the butter, in chafing dish, add the mixture, and when heated add the eggs well beaten. Cook until eggs are of creamy consistency, stirring and scraping from bottom of pan. Serve at once on toast.

ENGLISH MONKEY

1 cup stale bread crumbs
1 cup milk
½ cup soft, mild cheese in small pieces
1 tablespoon butter
1 egg
½ teaspoon salt
Few grains cayenne

Soak bread crumbs in milk 15 minutes. Melt the butter, add the cheese and when melted add soaked bread, egg slightly beaten and seasonings. Cook 3 minutes and pour over toasted crackers.

SARDINES ON TOAST

6 medium sized sardines
1 teaspoon butter
1 lemon juice
1 teaspoon anchovy paste
Pinch of white pepper

Cook butter and anchovy paste together, in a chafing dish, add the sardines, heat and place each sardine on buttered toast, size of same. Serve very hot.

SAVORY SAUSAGES (FOR CHAFING DISH)

Prick and fry small sausages in the blazer until almost crisp. Put in 1 tablespoon butter, 2 tablespoons minced celery, about ½ cup tomato catsup (to ¾ lb. sausage). Toss and turn until hot and serve with buttered toast.

EGG SANDWICH FOR CHAFING DISH

Chop a few slices of bacon, some green pepper and onion very fine and fry a light brown. Into this mixture, scramble some eggs, salt and pepper to taste and serve on slices of bread or toast.

MACARONI WITH TOMATO SAUCE

To 1 cup of stewed tomatoes which has been strained through a colander and seasoned with salt, paprika and 1 tablespoon of butter, add a cup of chopped French mushrooms and olives mixed; pour over ½ pound cooked Macaroni, pour in a chafing dish and serve.

DEVILED ALMONDS OR CHESTNUTS

Fry until brown, blanched almonds or chestnuts, cut in thin slices in enough butter to prevent nuts from burning. Season with Tobasco sauce or few grains paprika. To the almonds add Worcestershire sauce and chopped pickles to taste, and serve with oysters.

MINCED MEAT WITH JELLY SAUCE

1 cup chopped, cooked mutton
Or shredded ham
½ tablespoon butter
½ cup currant jelly
Few grains cayenne

Put butter and currant jelly in chafing dish; as soon as melted add pepper, and the meat, simmer 5 minutes and serve.

GRILLED SARDINES

Drain 12 sardines and cook in a chafing dish until heated, turning frequently. Place on small oblong pieces of dry toast and serve with Maitre d' Hotel Butter, page 127.

CHAPTER XXII

SALAD DRESSINGS

GARLIC FLAVOR FOR SALADS

Place 1 pint good cider vinegar in a bottle, add a clove of garlic, skin removed. Let stand 8 days or until well flavored. Remove garlic and use in place of plain vinegar when making salad dressings.

FRENCH DRESSING

No. 1

½ teaspoon salt
1 teaspoon paprika
¼ teaspoon white pepper
1½ tablespoons vinegar
1½ tablespoons lemon juice
¼ to ¾ cup salad oil, mineral oil or any poultry fat
½ teaspoon onion juice

Mix the ingredients in a bottle and shake until well blended. Serve ice cold over lettuce, tomatoes, etc., and use to marinate boiled meats and vegetables.

(**For reducing diet use mineral oil.**)

No. 2

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons lemon juice
¼ cup salad oil
3 tablespoons rich cream

Mix all together and stir until well blended.

No. 3

1 teaspoon salt
¼ teaspoon mustard
⅛ teaspoon pepper
2 tablespoons sugar
1 tablespoon onion, chopped fine
2 to 4 tablespoons vinegar or lemon juice

Mix, set aside and keep very cold and pour over salad, just before serving. If vinegar is very strong add water. (For tomatoes, lettuce, etc.)

VINAIGRETTE DRESSING

3 to 6 tablespoons olive oil
3 tablespoons tarragon vinegar
1 hard boiled egg
Few grains paprika
1 teaspoon minced chives or ½ teaspoon onion juice
1 teaspoon salt
2 tablespoons chopped parsley
½ red pepper, or canned pimento, chopped

Mix oil, vinegar and seasonings thoroughly; add chives and the egg chopped fine. Serve on tomato or any raw green salad.

EVER READY SALAD DRESSING

1 can tomato soup
½ cup Tarragon vinegar
½ cup malt vinegar
2 teaspoons salt
½ teaspoon paprika
1 tablespoon Worcestshire Sauce
½ cup oil
¼ cup sugar
½ teaspoon pepper
1 teaspoon mustard
1 clove of garlic
1 teaspoon onion juice

Mix all together in bottle or can; shake well before using.

MUSTARD SALAD DRESSING

1 tablespoon prepared mustard
½ cup cream
1 tablespoon lemon juice

Add mustard to cream, beat until stiff, adding while whipping, lemon juice, drop by drop.

DELMONICO SALAD DRESSING

1 hard cooked egg, chopped
1 teaspoon tomato catsup
1 teaspoon Worcestershire sauce
2 tablespoons tarragon vinegar
2 tablespoons olive oil
¼ teaspoon chopped green peppers
Red pepper and salt to taste

Mix and serve cold over lettuce, tomatoes, etc.

NON-FATTENING SALAD DRESSING

½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon dry mustard
1 teaspoon chopped onion
1 teaspoon tomato catsup
1 teaspoon each chopped parsley and green pepper
2 tablespoons vinegar
¼ cup mineral oil

Mix dry ingredients, add vinegar. Place on ice; when ready to serve, stir in the rest and pour over any desired salad.

RUSSIAN SALAD DRESSING

1 tablespoon prepared mustard
3 tablespoons grated horseradish
3 tablespoons Chili sauce
Salad Dressing

Mix first 3 ingredients, stir into French or Mayonnaise Dressing, on pages 276 and 279, and serve ice cold over head lettuce, tomatoes, cold cooked asparagus and the like. 1 tablespoon of caviar may be added.

SWISS SALAD DRESSING

To 1 cup of mayonnaise add 2 cups of freshly boiled riced potatoes. Beat until smooth, season with salt, pepper, onion juice and just before serving add the beaten white of an egg.

ITALIAN SALAD DRESSING

⅓ cup salad oil
2 tablespoons vinegar
1 hard cooked egg, chopped
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon scraped onion
½ clove of garlic, minced
3 minced sardines

Beat the oil and vinegar together thoroughly, add the other ingredients, and serve on lettuce, tomato or cauliflower salad.

ROQUEFORT CHEESE SALAD DRESSING

¼ lb. Roquefort cheese
¼ teaspoon paprika
3 tablespoons lemon juice
4 tablespoons cream

Rub the cheese through a fine sieve, mix gradually with cream or olive oil, season and mix until well blended and smooth.

SALAD DRESSING WITH WATER CRESS

⅔ cup olive oil
⅓ cup vinegar
1 teaspoon salt
Dash of black pepper
½ cup Chili Sauce
1 cup chopped water cress

Mix all together in a bowl with small cube of ice, stir until thoroughly chilled, and serve.

No. 1 SOUR CREAM SALAD DRESSING

1 cup sour cream
½ cup tomato catsup
2 tablespoons olive oil
2 tablespoons vinegar
2 tablespoons sugar
1 teaspoon salt

Mix the oil, salt, sugar and vinegar together, then beat in the catsup and finally add the cream, beating it in gradually.

This dressing is very good for vegetables, or for fish salads.

No. 2

1 cup sweet or sour cream
2 tablespoons lemon juice
2 tablespoons vinegar
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon or more of mixed mustard

Beat the cream with an egg beater until smooth, thick and light. Mix the other ingredients together and gradually add to the cream, beating all the while.

No. 3

¾ cup sour cream
½ cup vinegar
1 tablespoon sugar
½ teaspoon salt
1 pimento, chopped fine

Mix well, chill and serve with shredded lettuce or cabbage.

HOT SALAD DRESSING

2 teaspoons sugar
½ teaspoon salt
½ teaspoon mustard
⅛ teaspoon pepper
½ cup vinegar
1 tablespoon goose, chicken, bacon fat or butter
1 teaspoon flour
1 yolk of egg

Mix the first four ingredients, stir in the vinegar and boil all together. Rub the butter and flour to a cream and pour on the boiling vinegar. Cook 5 minutes and then pour it gradually over the well beaten yolk, or the whole egg. Mix while hot with cabbage or potatoes. For potato salad add 1 cup sweet or sour cream or buttermilk. If vinegar is strong, mix with water.

BOILED MAYONNAISE DRESSING

Yolks of 4 eggs or 2 whole eggs
½ cup vinegar
½ cup water
3 tablespoons sugar
½ teaspoon dry mustard
⅛ teaspoon red pepper
1 tablespoon flour
1 teaspoon salt
1 tablespoon butter

Mix the dry ingredients, then add the butter, vinegar and water; boil over hot water until smooth. Put a few spoonfuls into the beaten yolks. Mix thoroughly, then stir into the rest of the sauce. Let cook, but not boil, until it thickens, stirring constantly. When ready to serve add a little cream or lemon juice to thin.

If desired, beat in as much oil, with Dover beater as it will hold, from ½ to 1 cup. Will not separate.

QUICK MAYONNAISE

Part 1

2 egg yolks, unbeaten
1½ teaspoons salt
1 teaspoon mustard
1 tablespoon sugar
Few grains cayenne pepper
2 tablespoons lemon juice
2 tablespoons tarragon vinegar
1 cup oil

Part 2

⅓ cup flour
1 cup cold water
1 tablespoon butter

Put all ingredients of Part 1 in mixing bowl, but do not stir.

Part 2

Put flour in saucepan, mix to a paste with a little of the water, then gradually stir in the rest of the water. Cook until thick and smooth, stirring constantly. Add butter and mix. Then turn at once piping hot into bowl containing Part 1. Beat rapidly with wheel beater until thick, smooth and well blended. One more cup of oil may be gradually beaten in, if desired.

BOILED OIL MAYONNAISE

4 whole eggs
½ cup oil
2 tablespoons vinegar
1 tablespoon lemon juice
1 teaspoon sugar
½ teaspoon salt
1/16 teaspoon cayenne pepper
½ teaspoon dry mustard

Mix dry ingredients, add and mix thoroughly with the eggs, well beaten, and place in double boiler over boiling water; add alternately oil, vinegar and lemon, stirring constantly.

When ready to serve add ½ cup thick cream, sour preferred.

NON-FATTENING BOILED MAYONNAISE

3 yolks of eggs
2 whites of eggs
1 teaspoon dry mustard
½ teaspoon salt
½ teaspoon paprika
Speck cayenne
1 teaspoon sugar or
Tiny speck saccharine
1 scant cup vinegar and water mixed

Beat eggs together, in a double boiler, add dry ingredients, vinegar, and cook until smooth. Serve over any salad.

No. 1 CREAM MAYONNAISE DRESSING

5 yolks, beaten
½ cup cream
½ cup vinegar
½ cup water
1/8 teaspoon cayenne pepper
1½ teaspoon salt
1 teaspoon mustard
1 tablespoon flour
2 tablespoons sugar

Beat the yolks well in a cup, fill up the cup with cream. Mix the dry ingredients, wet with a little water, add to the yolk and cream. Cook in double boiler until smooth, stirring constantly.

No. 2

½ teaspoon salt
1 teaspoon flour
1 teaspoon mustard, dry
1 teaspoon sugar
2 tablespoons butter, melted
2 yolks of eggs
¾ cup cream
¼ cup vinegar

Mix dry ingredients with the melted butter, then the cream and lastly the vinegar. Cook in double boiler until it thickens, stirring constantly. Cool.

UNCOOKED MAYONNAISE DRESSING

3 hard cooked yolks
1 raw yolk
2 teaspoons prepared mustard
1 teaspoon grated onion
1/8 teaspoon pepper
1 tablespoon sugar
Juice of 1 lemon
2 tablespoons white vinegar
3 teaspoons oil

Mash and rub the cooked eggs smooth, add the dry seasonings, then the raw yolk and the rest of the ingredients, all but the oil, stir until smooth and add the oil, drop by drop. Stir constantly and keep cool until wanted.

OIL MAYONNAISE DRESSING

2 yolks of eggs, or 1 whole egg
1 teaspoon of mustard
1 teaspoon salt
1 teaspoon sugar
Dash of cayenne pepper
1½ to 2 cups salad oil
1 tablespoon lemon juice
3 tablespoons Tarragon vinegar
1 teaspoon of onion juice

Have all ingredients and bowl cold. Put dry ingredients in mixing bowl. Add egg, beat well with rotary beater, pour on ¼ cup oil, drop by drop at first, then in a steady stream, beating constantly. Gradually stir in the vinegar and the remaining oil, beating between each addition until mixture is thoroughly blended and thick. Keep very cold.

If it should separate, take a yolk of egg and pour mixture on it very slowly and beat well again.

LINCOLN HOUSE SPECIAL DRESSING

To Oil Mayonnaise Dressing, above, add ¾ cup of Pepper Relish, page 570, bottle and seal. When ready to use, fold in whipped cream.

NON-FATTENING OIL MAYONNIASE DRESSING

Prepare as above, using mineral oil in place of other salad oil.

THOUSAND ISLAND DRESSING

2 tablespoons green peppers, cut fine
2 tablespoons pimento, cut fine
1 teaspoon onion juice or pearl onions
1 hard cooked egg, chopped
1 teaspoon Worcestershire sauce
1 tablespoon catsup
2 tablespoons Chili sauce
¾ cup whipped cream
1 cup mayonnaise

Mix the first seven ingredients, add a little salt and paprika, blend thoroughly with the mayonnaise and fold in the whipped cream. Serve ice cold over any salad.

BLACKSTONE SALAD DRESSING

1 cup mayonnaise
⅔ cup olive oil
⅓ cup vinegar
3 tablespoons Chili sauce
3 pimentoes
1 tablespoon pearl onion
¼ teaspoon salt
Pepper to taste

Make any boiled mayonnaise and when cool, mix in the order given with the rest of the ingredients and serve ice cold over quartered head lettuce, tomatoes, etc.

GARGOYLE SAUCE

Boiled oil mayonnaise
1 teaspoon Worcestershire sauce
3 tablespoons Chili sauce
¼ teaspoon paprika
1 teaspoon pearl onions
½ teaspoon chopped green peppers

Make ½ recipe of Boiled Oil Mayonnaise, page 280, as a foundation for this salad dressing, stir in the rest of the ingredients and serve ice cold over fish or filled tomatoes.

GREEN MOUSSELINE SAUCE

A few sprigs tarragon
Yolks of 2 hard cooked eggs
2 anchovy fillets
1 teaspoon prepared mustard
¼ teaspoon onion juice
1 tablespoon chopped parsley
½ cup Mayonnaise
Green vegetable coloring
¼ cup White Sauce
¼ cup cream, whipped

Soak the tarragon a few minutes in boiling water and drain. Pound in a mortar or chop, with the yolks and anchovies and rub the whole through a sieve. Add the White Sauce, page 120, any Mayonnaise, pages 279 to 281, and the seasoning and a little green coloring and lastly fold in the whipped cream. Serve cold with fish.

WHITE, GREEN OR RED MAYONNAISE

To 1 cup of any Boiled or Oil Mayonnaise, pages 279 to 281, add for **White Mayonnaise** an equal amount of cream, whipped stiff.

For **Green Mayonnaise** add 2 tablespoons cooked spinach, and pressed through a sieve, or finely chopped parsley leaves, pounded with a little lemon juice and squeezed through cheese cloth, or use green vegetable paste.

For **Red Mayonnaise** pour thick, hot Tomato Sauce, page 123, over mayonnaise. Cool and add whipped cream. Or add red vegetable coloring.

HORSERADISH DRESSING

2 tablespoons grated horseradish
¼ teaspoon salt
Few grains pepper
3 tablespoons vinegar
½ cup rich cream

Beat cream until it begins to thicken, add vinegar gradually, when stiff add salt and pepper and fold in the horseradish.

No. 1 TO CAN MAYONNAISE

In the spring of the year, when eggs are plentiful, can mayonnaise for future use. Make Boiled Mayonnaise, page 279, using the 2 whole eggs. Four times this recipe will make 3 pints. Pack into airtight cans; keeps well.

No. 2

Take equal quantities of egg yolks and vinegar. Beat together until smooth and cook over hot water until thick, then pack in airtight glass jars. When ready to use add seasoning, salt, pepper, mustard and onion juice and thin with cream. Add whipped cream for fruit salads.

COCKTAIL DRESSINGS

No. 1

¼ cup tomato catsup
1 tablespoon vinegar
2 tablespoons lemon juice
1 tablespoon grated horseradish root
Salt and pepper

Mix and serve ice cold over shrimp, oyster, lobster or crab.

No. 2

¼ cup tomato catsup
1 teaspoon grated horseradish root
½ tablespoon Worcestershire sauce
1 teaspoon lemon juice
5 drops Tobasco sauce
½ teaspoon salt

Mix in the order given, chill and shake well before serving.

FRUIT COCKTAIL DRESSING

No. 1

4 tablespoons tomato catsup
4 tablespoons white grape juice
1 tablespoon lemon juice
1 tablespoon orange juice
⅛ teaspoon salt
⅛ teaspoon paprika or dash of cayenne
⅛ teaspoon sugar
⅛ teaspoon clove
¼ teaspoon cinnamon

Mix well and serve ice cold over any fruit salad.

No. 2

½ cup grapefruit juice and pulp
3 tablespoons salad oil
½ tablespoon vinegar
½ teaspoon salt
¼ teaspoon paprika

Beat together the oil, vinegar and seasonings. Then stir them into the grapefruit juice. Serve on plain lettuce, romaine or cress, or on tomato, tomato jelly, cottage or cream cheese or strawberry, pineapple or apple salad.

FRUIT SALAD DRESSING

No. 1

½ cup sugar
⅓ cup white grape juice
2 tablespoons lemon juice

Mix and serve ice cold over any fruit salad.

No. 2

¼ cup olive oil
2 tablespoons grape fruit or orange juice
½ teaspoon salt
¼ teaspoon paprika
½ teaspoon powdered sugar
2 tablespoons lemon juice

Mix in order given. Chill and shake well before serving.

No. 3

⅓ cup salad oil
1½ tablespoons lemon juice
⅛ teaspoon salt
½ tablespoon melted currant jelly or honey
A few grains of paprika

First combine the ingredients, then beat well and serve with any fruit salad.

FRUIT SALAD DRESSING WITH CREAM

No. 1—With Lemon

2 tablespoons lemon juice
2 eggs or 4 yolks, beaten
⅓ cup water
⅓ cup sugar
½ teaspoon mustard
½ teaspoon salt
⅛ teaspoon paprika
1 cup cream

Mix dry ingredients, add egg, lemon juice and water, cook over boiling water, stirring constantly until thick, cool. When ready to use add the siffly beaten cream.

No. 2—With Pineapple

⅓ cup pineapple juice
⅓ cup lemon juice
⅓ cup sugar
1 teaspoon cornstarch
Pinch salt
1 egg, beaten
A little cream

Mix dry ingredients, add fruit juices, cook until smooth and pour into the well beaten egg. Thin with a little cream.

No. 3—With Orange

Butter, size of an egg
½ cup granulated sugar
Juice of 1 large orange
Juice of ½ lemon
3 yolks of eggs
½ pint whipped cream

Cook in double boiler until smooth, butter, sugar, lemon and orange juice and eggs. Let cool and fold in the whipped cream. Serve with fruit salad.

No. 4—With Maple Syrup

1 egg yolk
¼ cup maple syrup
¾ cup cream, whipped
Juice of half a lemon

Beat yolk well in double boiler. Add maple syrup and cook for a minute until thick. Cool, fold in cream and add the lemon juice. Serve with fruit salad.

No. 5—With Honey

3 egg yolks
½ cup strained honey
Juice of 1 lemon
½ teaspoon salt
4 tablespoons oil
¼ teaspoon paprika
1 cup cream, whipped

Beat yolks to a cream in a small saucepan. Heat honey in another saucepan, pour into yolks. Beat over fire one minute; then beat for five minutes until thick, add oil, salt, and paprika. When cold, fold in the cream, whipped. Add lemon juice to the fruit or to the dressing before adding the cream. Serve with peach, cherry, or pineapple salad.

No. 6—With Cheese

Mash ½ of a cream cheese. Mix and thin with a little cream. Add enough raspberry or strawberry jam to color. Pour ice-cold over fresh or canned peaches or pears.

Or, beat 1 cup of French Dressing into 1 mashed cream cheese. Fold in ½ cup cream, beaten stiff.

FROZEN CHEESE DRESSING

½ cup soft cream cheese
1 cup heavy cream
½ cup mayonnaise
¼ teaspoon salt
½ teaspoon paprika

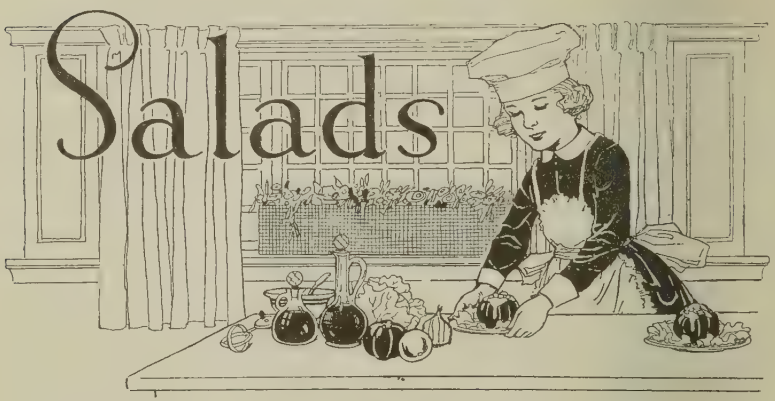
Beat together cheese and cream; when smooth add mayonnaise and seasoning. Place in mould and pack in ice and salt, or in freezing compartment of electric refrigerator. Let stand unil mushy. When ready to serve, place on ice cold fruit salad that has been slightly mixed with mayonnaise or cream dressing.

FROZEN MAYONNAISE DRESSING

1 cup mayonnaise
2 tablespoons lemon juice
1 cup whipped cream
1 tablespoon powdered sugar

Prepare Mayonnaise, page 279 or 281, add lemon juice. Fold sugar into cream and combine the two mixtures. Place in mould, pack in 4 parts ice to 1 of rock salt or freeze in tray of electric refrigerator. Let stand until mushy. Serve at once on top of ice cold salad that has been slightly mixed with mayonnaise.

CHAPTER XXIII



FRUITS AND VEGETABLE CUPS FOR SALADS

Salads may be made very attractive by serving on lettuce leaves, in cups made by scooping out tomatoes, peppers, beets, cucumbers, oranges, lemons, apples, etc. See page 287.

No. 1 **LETTUCE SALAD**

Cut off roots and coarse outside leaves of leaf lettuce. Remove the outer leaves one at a time and place in cold water until wanted. Drain, shake off the water, add onion, if you desire and place in salad bowl or in individual dishes and pour over any desired French Dressing, page 276.

No. 2

Cut head lettuce or Iceberg Lettuce in quarters lengthwise or in thick slices, crosswise, and serve with French, page 276, Roquefort Cheese, page 279, Thousand Island, page 281, or any other desired Salad Dressing.

ENDIVE SALAD

1 head endive
French Salad Dressing
4 hard cooked eggs
1 pt. boiled potatoes, sliced

Wash and dry endive, pick off the green outer leaves and use only the light colored feathery ones. Arrange on salad dish with potatoes in center. Place eggs around, cut into quarters lengthwise, and pour over all French Dressing, page 276.

WATERCRESS SALAD

Wash watercress, remove roots, drain and place in ice chest. Place in salad bowl and serve with French Dressing, page 276, or add cucumber, ice cold, pared and cut into ½ inch dice.

CUCUMBER SALAD

No. 1—Choose firm, slim cucumbers, about 6 inches long or longer. Keep in a cool, dry place until ready to use. Pare rather thick, lengthwise, cut off ends, slice crosswise in ⅛ inch slices, drop into ice cold water. Let stand from ½ to 3 hours until wanted. Drain. Pour over French Dressing, page 276.

No. 2—Choose a firm, slim, long cucumber; peel rather thick, lengthwise. Score the edges by drawing the tines of the fork down the length of the cucumber all around. Cut a thick slice off of each end. Then slice crosswise in ⅛ inch slices not quite through so the cucumber will still look whole. Place in ice cold water for several hours. When ready to serve put in center of platter, sprinkle finely chopped green and red peppers and grated onion over the top and pour over French Dressing, page 276. Surround alternately with tomatoes and head lettuce cut into quarters or eighths.

No. 3

2 cups diced cucumbers
⅔ cup Mayonnaise Dressing
1 teaspoon chopped capers
1 teaspoon parsley, chopped
½ teaspoon anchovy paste
2 tablespoons vinegar

Pare cucumber, dice and chill. Make thick Oil Mayonnaise Dressing, page 281, mix thoroughly with the rest of the ingredients, add to the cucumber. Serve in cucumber cups or baskets.

Cucumber cups, boats and baskets for serving diced salads or relishes. Choose thick cucumbers. Pare and score as in No. 2.

Cups—Cut cucumber crosswise in 2 or 3-inch lengths. Stand upright. Hollow out centers with apple corer, leaving ½-inch wall around sides and at the bottom.

Oblong Cups—Cut cucumber in half, lengthwise, then in 3 to 4-inch lengths, crosswise. Hollow out centers, leaving ½-inch wall all around sides and at the bottom.

Boats—Take cucumbers about 3 or 4 inches long. Peel and score as above in No. 2. Scoop out center, leaving ½-inch wall.

Baskets—Make boats or oblong cups as above. For handles of baskets cut ½-inch slices of cucumber crosswise, hollow out center. Place the ring thus formed upright in center of Boat or Oblong Cup.

POTATO SALAD

No. 1

1 qt. hot, sliced potatoes
1 medium sized onion chopped fine
Hot Salad Dressing
Parsley or 1 teaspoon chives, cut fine, to garnish

Boil potatoes in their jackets and while hot, peel and slice; salt and pepper, add the onion, and mix with Hot Salad Dressing, page 279, using poultry fat or bacon. Garnish with parsley or chives. Serve warm. A little sour cream may be added.

POTATO SALAD

No. 2

1 qt. sliced potatoes
1 medium onion, cut fine
1 cup table celery, cut fine
1 cup Boiled Mayonnaise Dressing
½ tablespoon salt

Mix the ingredients together lightly, pour over a little boiling hot vinegar and water, let stand several hours, then toss the Boiled Mayonnaise Dressing, page 279, gently through it. Garnish as desired with pickles, beets or hard cooked eggs.

Note—If celery cannot be had, use chopped cabbage or celery cabbage, diced pickles or cucumbers.

No. 3

6 cold, boiled potatoes
2 hard cooked eggs
1 teaspoon mustard
1 cup milk, cream if desired
2 tablespoons vinegar
½ grated onion
2 tablespoons butter or substitute
1 teaspoon salt
Speck pepper

Cut potatoes in small cubes, add chopped whites of eggs and onion juice. Mash yolks of eggs, add mustard, salt and pepper. Mix thoroughly together and add vinegar. Bring the milk or cream to boiling point and pour slowly on egg mixture, add butter and pour over potato mixture. Cool and serve on lettuce with a little more Boiled Salad Dressing, if desired.

POTATO SALAD—WARM

1 qt. boiled potatoes, sliced
¼ lb. bacon or fat smoked beef or 2 tablespoons poultry fat
1 medium onion, cut fine
1 teaspoon salt
½ teaspoon sugar
½ teaspoon flour
½ cup vinegar
½ cup water
1 teaspoon mustard
⅛ teaspoon pepper

Scrub potatoes; cook in boiling salted water until tender. Drain and, while hot, skin and cut into ¼-inch slices; sprinkle with the salt, pepper, sugar and flour. Add water to vinegar and let heat thoroughly. Place bacon or beef, sliced and chopped fine in spider, let fry light brown, add onion, brown slightly, add potatoes and over all pour the hot vinegar, let heat through to absorb the vinegar and water, place in serving dish and serve warm. The bits of fried bacon or beef may be omitted. If the salad is too dry add a little hot water. It should have a glassy look, without being lumpy or greasy.

TOMATO SALAD

Wipe tomatoes, plunge in boiling water, one minute, then in cold, drain and remove skins; cool. Place on lettuce leaves with French Dressing or Mayonnaise, pages 276, 279, 281. Serve cold. The tomato may be cut in half crosswise; or, into quarters, ⅔ down and let spread to form a flower, placing olive in center and mayonnaise over top.

TOMATO AND ONION SALAD

Cut 4 firm tomatoes ¼ inch slices and 1 medium onion in thin slices. Place alternately in salad bowl. Cover with French or Ever Ready Dressing, pages 276, 277.

No. 1 STUFFED TOMATO SALAD

6 ripe tomatoes
½ pint Cream Mayonnaise Dressing, page 280
2 cucumbers
Lettuce
Salt and pepper

Scald the tomatoes so that the skins can be easily removed. Cut a slice from the top of each, and with a small spoon scoop out center. Peel the cucumbers, and cut them into dice, season highly and mix with at least half the dressing. Fill the tomato cups with this, and put another spoon of the dressing on top. Sprinkle a very little finely chopped parsley over and serve on a bed of lettuce leaves.

No. 2

6 tomatoes
6 sardellen
1 small box caviar
2 hard boiled eggs
½ green pepper
½ dill pickle

Scoop tomatoes and put on ice; when ready to serve fill with all above ingredients chopped fine, add some of the tomato that was scooped out—cover with Mayonnaise, page 281.

Or, stuff tomatoes with equal parts of shredded crab meat and caviar, cover with Mayonnaise.

No. 3

6 tomatoes
1 doz. anchovies, in oil
2 slices of boiled ham
1 tablespoon capers
1 tablespoon pearl onions
½ green pepper
2 hard boiled eggs

Scoop 6 tomatoes and put on ice while preparing the filling.

Take the insde of tomatoes, add anchovies, ham, peppers and chop together—then add onion, capers, teaspoon salt and fill the tomatoes, cover with the chopped eggs and pour over this a French Dressing, page 276. Serve on lettuce leaf.

This can also be served in green peppers.

TOMATO BASKETS

4 firm, red tomatoes
1 large, green pepper
1 can asparagus tips
Salad dressing

Cut the peppers into slices crosswise, to form ¼ inch rings. Scald tomatoes, peel, chill and cut in half, crosswise. Place on lettuce leaves, with the cut side up. Lay 4 or 5 asparagus tips side by side in center of each tomato half. Cut pepper rings at one end and lay across the top of asparagus to meet the sides of the tomato, thus forming a handle to the tomato basket. Serve ice cold with French Dressing, page 276, or Gargoyle Sauce, page 282. For eight people.

COMBINATION SALAD

For each plate allow a ½ inch slice of head lettuce, cut crosswise or lengthwise, or use crisp leaves. On this arrange 2 or 3 slices each of firm, red tomatoes, skinned, and fresh cucumbers, peeled. Pour over French Dressing, page 276, and decorate with bits of red and green peppers and radishes, sliced fine or cut to represent tulips.

CABBAGE SALAD OR COLD SLAW

2 cups shredded cabbage
French Dressing No. 2 or ½ cup Hot Salad Dressing

Shave ½ cabbage in thin strips and mix with French Dressing, No. 1, page 276, or salt, let stand, press and drain and pour the dressing over hot.

Or, chop fine and mix with Hot Salad Dressing, page 279. Do not mix dressing with more cabbage than desired.

CELERY-CABBAGE SALAD

Cut celery-cabbage crosswise in ½-inch slices and serve with any salad dressing same as head lettuce. Or, cut into thin strips, and serve as cold slaw, above.

NOTE—Trim the outer edge and use the center stalk in place of celery in any salad or chop suey or serve as New Cabbage, page 206.

RED AND WHITE CABBAGE SALAD

1 cup red cabbage, chopped fine
1 cup white cabbage, chopped fine
1 cup Hot Salad Dressing

Select nice, firm, red and white cabbage, wash, cut off wilted leaves, quarter and soak in cold water. Drain, cut into thin slices, and chop very fine, each kind separately. Divide the Hot Salad Dressing, page 278, into two parts, mix with each part while hot.

Take ¾ of the white mixture, pack it smoothly on platter 1 inch from the edge. Make wreath of the red all around the white, keeping lines distinct and smooth. Reserve ¼ of the red, place in center on top of white and have the remaining white top the whole.

CABBAGE ROSE SALAD

Small solid white cabbage
1 red pepper, shredded
1 pt. celery, diced or
1 pt. boiled potatoes, sliced
Boiled Salad Dressing

Remove the outside leaves of the cabbage and cut off stalk close to leaves. Cut out center with sharp knife. Place "Cabbage Bowl" in ice cold water for one hour, drain dry as possible. Shred remaining cabbage, mix with equal parts of celery, moistened with Hot Salad Dressing, page 279, or with potatoes and refill cabbage. Turn back outer leaves of cabbage to resemble open rose, lay the finely shredded bits of red peppers thickly over the top of leaves, and serve cold.

CELERY ROOT SALAD

No. 1

3 or 4 celery roots or Celeriac
1 onion, sliced
Vinegar and water
1 teaspoon salt
⅛ teaspoon pepper

Select small, firm roots; scrub them well. Peel, place in kettle of boiling, salted water and boil 2 hours or until tender. Drain, and slice; mix with French Dressing, page 276.

Or add salt, pepper, the onion, and cover with equal parts of vinegar and celery liquid to taste. Serve warm or cold. Will keep if placed in covered jars.

No. 2

2 small heads celery root
2 cups stalk celery, diced
½ cup vinegar
¼ teaspoon pepper
1 teaspoon salt
¼ lb. almonds, blanched
½ cup thick, sour cream

Scrub celery root well, and cook several hours until tender in salted water. Peel and slice, then measure and take an equal measure of stalk celery. Mix with the rest of the ingredients, adding the sour cream last. Place in salad bowl and serve cold.

CELERY AND CABBAGE SALAD IN GREEN PEPPERS

Cut off stem end, remove seeds and veins of green peppers and fill with chopped celery and cabbage, equal parts. Mix with Boiled Mayonnaise, page 279, or Vinaigrette Dressing, page 276.

SHAMROCK SALAD

Cut off stem end of 3 lobed sweet green peppers, remove seeds. Fill with a mixture of cream or cottage cheese, bits of canned pimento, olives and nuts. Set on ice. When ready to serve, slice thin. Place a slice on a round of pineapple and then on ½ inch slice of celery cabbage and serve on individual plates with French Dressing, page 276.

CARROT SALAD

1 cup fresh carrots, chopped
1 cup celery, diced
½ green pepper, chopped
Salad Dressing

Put carrots through food chopper (finest knife). Mix with celery and green pepper, or decorate with parsley, and serve on lettuce leaves with French or Mayonnaise Dressing, pages 276, 279.

RUSSIAN VEGETABLE SALAD

1 cup peas
1 cup carrots, diced
1 cup turnips, diced
1 cup string beans in ½ inch pieces
French Dressing
Boiled Salad Dressing

Cook each vegetable separately and drain. Marinate each with French Dressing, page 276, arrange in 4 sections on a dish upon a bed of lettuce. Potatoes may be used in place of turnips, or a combination of any two of the vegetables. Add Boiled Dressing, page 279, and put small sprigs of parsley or finely chopped whites of hard cooked eggs and the yolks forced through a strainer, in lines, dividing sections.

BEETS, STUFFED WITH PEAS

Boil without peeling, medium sized beets until they are tender, cut a slice off the bottom, so that they will stand upright, and scoop the inside out carefully, keeping a ½-inch shell. Peel and when cold fill with cold boiled green peas and celery all cut in small pieces, moisten with Boiled Mayonnaise, page 279. Serve on lettuce leaves, and place a slice of hard boiled egg on each portion of salad. Any other salad may be served in the beets.

CAULIFLOWER AND BEET SALAD

1 head cauliflower, boiled
1 large beet, boiled
A head lettuce
French Dressing
Mayonnaise

Mix flowerets of cold, cooked cauliflower with French Dressing, page 276, shredded outside leaves of head lettuce, and a beet cut in slices and then in figures, and the chopped trimmings, each separately with the same Dressing. Place the lettuce on the center of a serving dish, and the cauliflower carefully between the leaves,

and showing above. Sprinkle with the figures cut from the beets, and place the chopped beets in points around. Serve with mayonnaise.

GREEN BEAN SALAD

1 pt. green beans
2 tablespoons onions, chopped
2 tablespoons fat (chicken or bacon)
2 tablespoons vinegar
1 cup bean liquid
1 tablespoon sugar
Salt and paprika

Cook beans in boiling salted water until tender, drain and reserve 1 cup of the bean liquid. Mix while hot with the rest of the ingredients. Serve slightly warm.

No. 1 ASPARAGUS SALAD

Take boiled or canned asparagus, drain; serve ice cold on crisp lettuce leaves with French or Mayonnaise Dressing, pages 276, 281.

No. 2

Drain and rinse stalks of canned asparagus. Cut green or red peppers in rings ⅓ inch wide. Place 3 or 4 stalks in each ring and serve ice cold on lettuce leaves with French Dressing.

No. 3

Chop 1 tablespoon each of parsley, red pepper and the white and yolk of a hard boiled egg. Mix together and lay as a band across center of stalks of green or white asparagus and serve on lettuce leaves with French Dressing, page 276.

SHERRY'S SALAD

4 small red peppers
8 green peppers
½ small Bermuda onion
Chopped parsley
½ cup olive oil
5 tablespoons vinegar
½ teaspoon powdered sugar
1 teaspoon salt

Chop onion very fine and add twice as much chopped parsley as onion. Chop peppers and mix all together and let stand in covered glass fruit can one hour. Shake hard for five minutes and serve very cold on a bed of tender lettuce leaves.

ARTICHOKES SALAD

Boil the French artichokes from 30 to 40 minutes, until the leaves may be easily pulled out. Cool, and then put on ice. Serve with a thin Mayonnaise, page 281, or with a Vinaigrette Dressing, page 276.

EGG APPLES OR PEARS (SALAD)

Roll hard cooked eggs, while still warm, between palms of hands (or weight each egg with a plate) until they are shape of a pear or round as apples. Place stem of an apple at one end and head of clove at the other. Sprinkle with paprika or tint with vegetable coloring. Serve cold, surrounded with Mayonnaise, page 281, on shredded lettuce leaves; or, use as a garnish with salad.

WATER LILY SALAD

6 hard cooked eggs
1 lettuce head
1 teaspoon chopped parsley
6 stuffed olives

Cook eggs hard, page 89, pour over cold water, roll, crumble and remove shells.

About one-half inch from either end, cut through the white, six slanting lines one-half inch long, at equal distances from each other. Cut six more one-half inch lines, from the same points, slanting the other way, thus forming two lilies each, with six points or leaves. Lift points carefully. Separate white from yolk. Lay in center of crisp lettuce leaves on glass serving platter. Rub yolks smooth with a little vinegar, add salt, form into cone-shaped balls. Place one in center of each lily, sprinkle with parsley. Place olives and few radishes on small leaves to represent buds, and pour French Dressing, page 276, over all.

BIRD'S NEST SALAD

½ lb. cottage cheese
¼ lb. nut meats, chopped
1 head lettuce
1 teaspoon chopped parsley

Mix cheese to a smooth paste with salt, pepper and a little cream, add nut meats and parsley, form into balls size of a hickory nut. Allow 3 or 4 balls for each plate and place in center of crisp lettuce leaves. Add Mayonnaise Dressing, page 281, and serve cold.

FANCY CHEESE SALAD

Mash a cream cheese, mix with ¼ pound chopped figs and ¼ pound chopped English walnuts, shape into square loaf, let stand several hours, cut into slices and serve on lettuce leaves with any desired Salad Dressing, pages 279 to 281.

Or, to a mashed cream cheese, seasoned with salt and cayenne pepper add 6 finely chopped olives, ½ pimento, cut in strips and finely cut lettuce or parsley, shape into loaf as above.

MARSHMALLOW SALAD

½ lb. marshmallows
1 cup canned pineapple
¼ cup Boiled Oil Mayonnaise
½ cup whipped cream
¼ cup shelled pecans
Lettuce

Cut the marshmallows in quarters and mix them with the pineapple and let stand several hours. Just before serving, add the nuts. Serve on lettuce leaf and cover with the Mayonnaise, page 280, to which the whipped cream has been added.

FRUIT SALADS

No. 1

Mix unbroken sections of grapefruit pulp, free from membrane, with half the quantity of orange pulp and pineapple cut in strips. Serve ice cold with Fruit Dressing No. 2, page 284.

No. 2

3 oranges
3 bananas
½ lb. Malaga grapes
½ cup pineapple, chopped
Sugar to taste
Juice of 1 lemon

Cut the oranges in two, crosswise, reserving the peels as salad cups. Remove pulp separately from each section. Remove skins and seeds from grapes. Mix orange pulp and grapes and pineapple, sprinkle with sugar, add lemon juice, and let stand in a cool place for several hours. Before serving, add the bananas, sliced, and walnut meats, if desired. Fill the orange shells with this mixture. Pour over Fruit Salad Dressing, page 284.

ORANGE, GRAPEFRUIT AND ALLIGATOR PEAR SALAD

Arrange orange and grapefruit sections, free from skin, alternately with alligator pears, pared and sliced. Serve on lettuce with the following dressing: Grind to a powder or pound to a paste 1 tablespoon each pecan nut meats and blanched almonds. Add ½ teaspoon each salt and paprika and beat well with 2 tablespoons each of lemon juice and oil.

APPLE, CELERY AND NUT SALAD (Waldorf)

2 cups celery, cut
2 cups apples, sliced
Lettuce
1 cup pecan and walnut meats, crumbled
Mayonnaise dressing

Clean the celery and lettuce and keep them crisp in a wet napkin on the ice. When ready to serve, cut the celery in thin, crescent shaped pieces; remove core and skin of apple, cut in eighths and dice, then crumble the pecans and walnuts. Take equal parts of celery and apple and ¼ part of nuts. Mix with May-

onnaise, pages 279 to 281, to hold together. Arrange the mixture on a platter in a mound with lettuce around the edge, cover with Mayonnaise. Two figs cut in small pieces may be added.

GRAPEFRUIT AND MALAGA GRAPES SALAD

Carefully remove the pulp from grapefruit in large pieces, free from membrane. Take half the measure of Malaga grapes, cut in halves, skinned and seeds removed. Serve ice cold in center of any Jelly Ring, pages 302 to 303, with Oil Mayonnaise, page 281, to which whipped cream has been added.

GRAPEFRUIT OR ORANGE SALAD

Carefully remove the pulp from the grapefruit or oranges. Have large pieces. Have an equal amount of celery cut in dice and lettuce or endive for decoration. Serve cold with French Dressing, page 276, or Mayonnaise, page 281, with whipped cream.

GRAPEFRUIT AND DATE SALAD

Cut grapefruit in halves crosswise, remove the half sections of pulp in perfect shape. Cover half a pound of dates with boiling water; stir with a fork, over fire, 1 minute, skim and place on an agate plate. Dry in oven 2 minutes; chill and cut in 2 or 3 pieces, lengthwise. Add juice from the grapefruit, ½ teaspoon salt and 3 tablespoons of olive oil and mix thoroughly. Place lettuce on serving dish with the grapefruit sections in center and dates around it; pour dressing over and serve.

FANCY FRUIT SALAD

Pineapple round
Grapefruit, in sections
Peaches, halves
Maraschino cherries
Cream Mayonnaise
Head lettuce
Canned pimento, or red apples

Peel grapefruit, remove pulp by sections and cut in half crosswise. Arrange for individual service, a ¼ inch slice of head lettuce cut crosswise. On top of this a thick sliced round of pineapple, cored; on top of this place halves of sections of grapefruit, dome shaped, between each section arrange a narrow strip of pimento or sections of red skinned apples, on top of dome place peach, cut side down. Insert cherry on top of peach. Serve ice cold with Fruit Salad Dressing with Cream, page 284.

BLACK EYED SUSAN SALAD

Arrange unbroken sections of orange or grapefruit pulp like petals, on individual salad plates. Fill centers with chopped dates and walnuts. Serve with French Dressing, page 276.

ORANGE SALAD

Peel oranges, cut in thin slices, place on lettuce leaves and pour over Fruit Salad Dressing, page 284.

Or, equal parts of orange and tomato peeled and sliced, arranged alternately in salad bowl, covered with Fruit Salad Dressing with Cream, page 284, and sprinkled with chopped parsley or green pepper.

Or, equal parts of orange pulp and onions, sliced fine. Serve on lettuce with French Dressing, page 276.

PINEAPPLE SALAD

Arrange thick, round slices of fresh or canned pineapple, peeled and cored, on lettuce leaves. Arrange thin strips of pimento on top of pineapple from center to represent a flower; fill center with riced cream or cottage cheese, sprinkled with paprika. Have everything ice cold and over all, pour French Dressing, page 276.

PINEAPPLE AND CUCUMBER SALAD

Mix 2 cups diced pineapple and 2 cups finely diced cucumber with Mayonnaise Dressing, page 279, or 281. Serve on crisp lettuce and decorate with red and green peppers.

PINEAPPLE BASKETS FOR MAYONNAISE

Leave some of the prickly leaves at top of fresh, large pineapple. On either side of this bunch of leaves, make a cut halfway down the pineapple, forming a handle about 2 inches wide. Cut crosswise on both sides to handle. Scoop out bottom of pineapple and remove the pulp under handle, leaving handle sufficiently thick to prevent breaking. Tie large, stiff upright ribbon bow around handle. Shred the pulp and set aside to chill. Place in basket, mixed with Fruit Salad Dressing with Cream No. 2, page 284, Serve in center of platter, surrounded with any desired fresh fruit salad.

PINEAPPLE BASKETS

Take off the leafy stalk of a large, fresh pineapple by twisting back and forth, then set it aside. Cut the pineapple in two lengthwise, and each half again into two or three lengthwise parts, according to size and number of persons served. Fruit is cut and scooped out carefully in cubes, leaving the hollow shell intact for the basket, with the hard center core attached to represent the handle. Have all ice cold and when ready to serve, mix pineapple cubes with Vinaigrette Dressing, page 276. Fill baskets with the mixture. Arrange baskets around in a large platter, at equal distances, lengthwise, from the center and set the leafy stalk upright in center. Place Cheese Bon Bons, page 270, on crisp head lettuce leaves between the baskets.

BANANA SALAD

Peel bananas cut in half, lengthwise, place on salad plate, on lettuce leaf, cover with Boiled Mayonnaise, page 279, to which ½ cup cream, whipped stiff, has been added and sprinkle with chopped nuts.

BUTTERFLY SALAD

Pineapple slices
⅛ lb. candied fruit, cut fine
⅛ lb. pistachio nuts
Asparagus tips
Fruit Salad Dressing

Arrange on each individual plate, a slice of canned, cored pineapple, cut in two crosswise, the rounded edges together. Sprinkle over with bits of candied fruit, cherries, lime and plum and pistachio nuts (scalded and skins removed). Place asparagus tips sprinkled with paprika in center of pineapple for body and serve on lettuce leaf with Fruit Salad Dressing, page 284.

Or, sprinkle wings with chopped green and red peppers or with parsley and canned pimento, chopped fine, and mould cottage cheese to form head and body. Use blossom end of cloves for eyes and sprinkle with paprika.

CHERRY SALAD

1 can large California cherries red or white
Filbert nutmeats
French Dressing
Lettuce leaves or
Squares of lemon jelly

Drain and pit the cherries and fill them with the nut meats, whole or chopped. Add to French Dressing, page 276, the juice of the cherries. Pour over cherries and serve very cold on crisp lettuce leaves or on squares of Lemon Jelly, page 370, using the hot cherry juice in place of the boiling water to dissolve the gelatine. Appropriate for Washington's Birthday.

BIRTHDAY SALAD (Candlesticks)

Place a thick round slice of canned pineapple on lettuce leaf on each plate for base of candlestick. Half of a banana cut crosswise and placed in center of pineapple, forms the candle; half of a cherry placed on top of banana forms the flame. Make handle of slice of lemon rind. Serve with Fruit Salad Dressing, page 284.

CANTALOUPE SALAD

Cut a small nutmeg melon in half; scoop the pulp by teaspoonfuls into balls, and chill. Make Cheese Balls No. 3, page 269, adding chopped parsley, and chill. Fill empty shells with the chilled melon and the cheese balls. Place on lettuce with Fruit Salad Dressing, pages 276, 284.

Or, fill shells with different varieties of melon balls, berries, or diced and sugared fruits.

TANGERINE SALAD

12 tangerines
1 sweet pepper, chopped
½ cup grapefruit, juice
¼ cup pecan nuts
¼ cup pineapple cubes
¼ cup strawberries cut
Or candied cherries

Peel tangerines, remove pulp in unbroken sections, free from membrane, mix with pepper, chopped fine. Sprinkle with fruit juice, place on ice 1 hour. Serve each person a portion on lettuce leaf; place the nuts and chopped fruits on top. Serve with Fruit Salad Dressing with Cream, page 284.

No. 1 CANNED PEARS, STUFFED

Fill the open spaces in canned pears, (halved) with preserved ginger, cut fine. Place pear on crisp lettuce leaves. Surround with whipped cream garnished with thin slices of preserved ginger, Canton ginger is the best.

No. 2

Scoop out centers of canned pears, fill with chopped walnuts, celery and apple or with cottage cheese balls rolled in chopped nuts. Serve with Cheese Dressing, page 285, or Mayonnaise, page 281, and garnish with Maraschino Cherries.

PORCUPINE PEAR SALAD

Drain large, whole, canned pears, cover with Fruit Salad Dressing No. 2, page 284, and let stand several hours in ice chest to chill. When ready to serve stick 2 cloves to represent eyes, one on each side near stem end, then to represent quills, stick browned, blanched almonds cut into strips at equal distances over top and sides. Place on crisp lettuce leaves and serve with Fruit or Cream Fruit Salad Dressing, page 284.

AVOCADO OR ALLIGATOR PEAR SALAD

1 alligator pear
2 slices pineapple, fresh or canned
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons lemon juice
1 teaspoon lime juice
Lettuce

Peel alligator pear and cut pulp in small pieces. Cut pineapple in cubes. Have twice as much pear as pineapple. Arrange on crisp head lettuce leaves. Mix the rest and pour over fruit.

Or cut in half, pare, remove stone, fill center with French Dressing.

MELON SALAD

Chill cantaloupe, casaba, Persian, honey-ball, or honey dew melon, pare, remove seeds, slice. Arrange on lettuce leaf with large, sweet, dark red cherries, pits removed. Pour over French or Vinaigrette Dressing, page 276.

PEACH SALAD

Arrange halves of fine large peaches, hollow side up on salad plates covered with lettuce or endive. Chop hearts of celery and almonds, moisten with mayonnaise and fill in cavity of peach. Cover, if desired, with another half peach, to resemble a whole peach, cover with mayonnaise, and over this a rather soft cranberry jelly. Sprinkle with parsley.

STUFFED PRUNE SALAD

1 lb. prunes
¼ lb. pecan nut meats
1 head lettuce
Mayonnaise

Soak large perfect prunes overnight in warm water or cider, to cover. Let come slowly to the boiling point, drain, remove pits, fill each cavity with 2 or 3 nuts, chill. Arrange on a bed of shredded lettuce and cover with Mayonnaise, pages 281 or 279. Or, fill cavity with cream cheese. Serve on lettuce leaf with French Dressing, page 276.

PINEAPPLE AND CUCUMBER RING

2 cups shredded pineapple
1 cup chopped cucumber
Bits of pimento
Aspic for Jelly, page 304
½ teaspoon green vegetable coloring

Mix cucumber and pineapple with Aspic for Salads, page 304, just when it begins to thicken. Put in ring mould. Set aside several hours to harden. Serve on platter with a bowl of Fruit Salad Dressing with Cream, page 284, in the center, and surround with fresh or canned pears, peaches or pineapple.

ASPIC JELLY

1 qt. clear, strong soup stock
1 cup cold water
1½ ox. (1½ package) granulated gelatine

Take fish or meat stock, highly seasoned with salt, pepper, celery seed, herbs and lemon peel; strain; when cold, remove every particle of fat. Heat to the boiling point. Place gelatine in large saucepan, add the cold water and let stand a few minutes to soften. Pour in the hot soup and stir until gelatine is dissolved. Pour into moulds and set aside several hours to chill and harden.

If mould is to be decorated, pack in pan of broken ice and pour in jelly to the depth of ½ inch. When hard, garnish with fancy vegetables of different colors, slices of hard cooked eggs and the like. Fasten each ornament in place with jelly that is just beginning to harden. If too hard, warm a little. When set, add enough jelly to cover all. Keep in cool place until ready to serve. To remove it, dip the mould quickly in warm water, put the dish

over it and invert dish and mould together and serve, garnished to suit taste. Tongue, boned turkey or chicken, fish and meat may be served in the jelly.

JELLIED FRUIT SALADS

Make Lemon Jelly, page 370, and just when it begins to thicken add any drained berries or fruit, or fruit combinations. Fill moulds and let stand in a cold place until firm. Serve on lettuce leaves with a salad dressing.

TOMATO AND CHEESE RING

Take 1½ pints cottage cheese, strain through ricer or coarse sieve, season well with salt and paprika and place in the bottom of a ring mould. Make Tomato Jelly, recipe below, allow it to cool slightly and pour it over the cheese. Set aside to harden and chill. Serve surrounded with a bed of shredded lettuce with hard boiled eggs cut in lengthwise sections. Place a bowl of Oil Mayonnaise, No. 1, page 281, in center of ring.

TOMATO JELLY

1 can tomatoes, or
8 medium tomatoes
6 cloves
2 small onions, chopped fine
1 bay leaf
1 teaspoon salt
2 tablespoons vinegar
2 tablespoons granulated gelatine, or 1 ounce
1 lemon, grated rind and juice
½ cup cold water
1 teaspoon whole black pepper

Boil the first 6 ingredients until the tomatoes are soft, then strain; or use prepared tomato soup. Reserve 2 cups, reheat to the boiling point. Soften the gelatine in ½ cup water a few minutes; then pour on the boiling, strained and well flavored tomato juice, add lemon and vinegar and stir until dissolved. Strain, pour in small cups and set aside in cool place overnight to harden. Invert and serve as fresh tomatoes on lettuce leaves with Oil Mayonnaise Dressing, No. 1, page 281.

Or, cut in cubes and use as a garnish for cold meats.

Or, pour in ring mould and serve as a border for sweetbread or chicken salad.

FROZEN TOMATO SALAD

Take a can of tomatoes, cook, strain, add water to make 1 quart, season with salt, pepper and 2 tablespoons sugar; place in tin baking powder cans, pack in 2 parts ice to one of salt. Let stand 3 or more hours. Cut in slices, on lettuce leaves, or in sherbet glasses with Oil Mayonnaise, page 281. Serve with meat course.

FROZEN VEGETABLE SALAD

1 tablespoon chopped onion
¼ cup chopped pimento
¼ cup chopped green peppers
3 cups tomatoes
3 tablespoons vinegar
¾ teaspoon salt
1 tablespoon lemon juice
1 teaspoon horseradish
Few grains red pepper
2 teaspoons gelatine
3 tablespoons cold water
Lettuce, Mayonnaise

Cook first 4 ingredients 5 minutes. Add gelatine, soaked in cold water, vinegar, lemon juice, grated horseradish, salt and pepper. Place in small moulds, pack in 2 parts ice to 1 of salt, let freeze 3 or 4 hours or in trays of automatic refrigerator. Serve in slices on lettuce leaf and top with Boiled Mayonnaise, page 279.

GRAPE FRUIT JELLY RING

1½ cups grapefruit juice
½ cup orange juice
¼ cup lemon juice
2½ tablespoons gelatine
1½ cups sugar
½ cup cold water
1 cup hot water

Soak gelatine in cold water 5 minutes. Boil sugar and hot water 3 minutes or until clear, pour over the soaked gelatine and stir until dissolved. Let cool, then add grapefruit, orange and lemon juice, a few grains of salt and pour into ring or any desired mould. Set aside in cool place for several hours to harden.

GINGER ALE SALAD RING

Part 1

2 tablespoons gelatine
2 tablespoons cold water
⅓ cup boiling water
1 cup ginger ale
¼ cup lemon juice
Few grains salt
2 tablespoons sugar

Part 2

⅓ cup Malaga grapes skinned and seeded
⅓ cup apple, diced
⅓ cup celery, diced
¼ cup pineapple, diced
2 tablespoons Canton ginger, cut

Soak gelatine 2 minutes in cold water, add boiling water, stir until dissolved. Add ginger ale, lemon, salt, set aside and when mixture begins to harden, fold in the prepared fruit, place in ring mould, on ice for several hours to harden. When ready to serve, remove to serving platter, place bowl in center with Fruit Salad Dressing, page 284.

NOTE—Any other fresh, sliced fruit or combination of fruits may be used, as 1 cup strawberries, cut into halves, with 1 banana diced.

MINT JELLY RING

2 tablespoons gelatine
½ cup cold water
2½ cups boiling water
½ cup lemon juice
½ cup mint leaves
½ cup sugar
⅛ teaspoon salt
Green vegetable coloring

Soak gelatine in cold water 5 minutes. Pour boiling water over mint leaves, let stand covered 5 minutes, strain, pour boiling hot over gelatine, stir until dissolved. Add lemon juice, salt, and if desired, grated rind of lemon and a little green coloring. Pour into ring mould, set aside several hours to harden and chill. Serve with bowl of mayonnaise in center and surround with green peas, dressed with French Dressing, page 276.

LIME JELLY RING

2 tablespoons gelatine
½ cup cold water
1 cup boiling water
2 cups grapefruit, juice
3 limes, juice
1½ cups sugar

Soak gelatine in cold water 5 minutes. Add boiling water, sugar and a little salt and stir until thoroughly dissolved. Cool, add fruit juices. Pour in ring mould. Set away for several hours to harden and chill. Serve with Fruit Salad Dressing with Cream, page 284, in center, surround with any desired fruit salad.

CHEESE RING

No. 1

½ lb. American or cottage cheese
Salt and paprika
2 teaspoons chives or green peppers, chopped
1 tablespoon gelatine
1 pint cream, whipped

Grate the American cheese or strain the cottage cheese several times until smooth. Use either one, or half of each kind. Season to taste. Dissolve gelatine in a little cold water and beat all together until light. Place in ring mould, let stand to harden and chill. Remove from mould, place bowl of Oil Mayonnaise, No. 1, page 281, in center and surround with any desired fruit salad.

No. 2

1 tablespoon gelatine
¼ cup cold water
2 cream cheeses
½ cup American cheese
1 cup cream, whipped
Salt, paprika

Soak gelatine in the cold water and dissolve over hot water. Moisten cream cheeses with a little cream and work until smooth. Add American cheese, bits of green and red peppers, or candied cherries, whipped cream and gelatine. Season and turn into ring mould. Set aside to cool and harden. Serve with bowl of Blackstone Salad Dressing, page 281, in center surrounded by any Fruit Salad.

FROZEN CHEESE RING

4 cream cheeses
1 pt. whole milk
1 teaspoon salt
1 cup cream

Place cheese in a saucepan, let stand where it will just get warm, mash and very gradually add the milk. Place saucepan in a kettle of boiling water, and stir rapidly until the mixture is as smooth and thick as mayonnaise. Remove saucepan from boiling water, add salt and paprika to taste, stir until cool, then add the cream, whipped stiff. Place in a ring mould, cover closely and pack in ice and salt, let remain 4 or 5 hours. When ready to serve, remove to platter on lettuce leaves. Place bowl with Thousand Island Dressing, page 281, in center and surround with pineapple slices, or halves of peaches. Serves 12 people.

FROZEN FRUIT SALAD RING

1½ cups boiled mayonnaise
1½ cups whipped cream
2 cups canned pears, pineapple and white cherries
6 maraschino cherries, cut fine.

Drain the fruit, and dice the pineapple and pears. Make Boiled Mayonnaise Dressing, page 279, using 2 tablespoons flour and juice of the fruit in place of the water. Let cool, fold in the whipped cream, and add the mixed fruit. Place in ring mould, cover closely and pack in ice and salt, 4 parts ice to one of salt, let freeze 3 to 4 hours. When ready to serve, remove to platter, surround with Grapefruit and Malaga grapes, page 296 and serve with Whipped Cream Dressing, No. 3, page 340.

MARSHMALLOW SALAD RING

1 can sliced pineapple
1 pound Malaga grapes
or 1 can white cherries
¾ pound marshmallows
½ cup pecan nut meats
or, almonds, blanched and chopped

Cut marshmallows in pieces with scissors. Drain fruit, cut pineapple in small pieces, stone cherries. If grapes are used, skin, cut in halves and seed. Mix all together with Fruit Salad Dressing with Cream No. 1, page 284. Place in ring mould, let stand in ice-box 24 hours. Serve on platter with bowl of Salad Dressing with Pineapple, page 284, in center, surround with shredded lettuce or fresh fruit.

GOLDEN GLOW SALAD

2 cups grated raw carrots
1 cup drained crushed pineapple
1 cup boiling water
1 cup pineapple juice
1 package lemon jelly powder

Let water and pineapple juice come to a boil, pour over the jelly powder, stir thoroughly until dissolved. Let cool and just

when it begins to harden mix with the carrots and pineapple and pour into a mold. Let stand until firm. Serve with Mayonnaise

ASPIC FOR SALADS

2 tablespoons gelatine
Juice of 1 lemon
2 cups boiling water
1 teaspoon salt
½ cup sugar
¼ cup vinegar

Soak gelatine in 1 cup cold water 5 minutes. Add 2 cups boiling water, stir until dissolved; add the rest of ingredients. Set aside, and when jelly begins to harden, add 3 cups of any mixed combination below. Turn in mould or moulds and chill. Serve with Mayonnaise Dressing, page 305. Any sweet pickled syrup may be added to the boiling water.

ASPIC SALAD COMBINATIONS

No. 1—Celery, Cabbage and Peppers

2 cups celery diced, 1 cup shredded cabbage, ¼ can sweet red peppers, finely cut. Add Aspic for Salads, page 304.

No. 2—Apples, Celery and Nuts

1 cup apples, diced, 1 cup celery, cut in small pieces, ½ cup broken nut meats (boiled chestnuts are good), ½ cup bananas, sliced. Mix with Aspic for Salads, above.

No. 3—Fish, Celery and Olives

2 cups cold cooked halibut, diced, and 1 cup finely sliced stuffed olives, mixed with diced pickle or cucumber, celery, sweet red peppers, red beets, or capers.

No. 4—Sweetbreads, Celery and Olives

2 cups cold, cooked sweetbreads, or chicken, or veal, diced; ½ cup celery, in small pieces; ½ cup olives, cut in rings; capers; slices of fresh pear and broken nut meats, mixed. Asparagus tips may be used, but they must be carefully placed in the jelly just when it hardens.

No. 5—Cucumber

Pare medium cucumbers, cut lengthwise in quarters, remove seeds, cut in small cubes, there should be 2 cups; add 1 cup celery, diced, 1 green pepper, cut fine. Mix with Aspic for Salads, as above. Add green vegetable coloring if desired.

No. 6—Ham

Mix 2 cups of diced, cold boiled ham, 4 pimentos, cut fine, with ¼ cup chopped sweet pickles. Combine with Aspic for Salads, above, garnish with slices of hard cooked eggs.

CHICKEN SALAD

1 pt. chicken, diced
1 cup celery, diced
1 cup Oil Mayonnaise
Lettuce
Salt and pepper

Cut cold, well seasoned, boiled or roast chicken, and celery, into ½-inch dice. Have everything very cold and just before serving mix well with Oil Mayonnaise, page 281, and serve on crisp lettuce leaves. Decorate with stuffed olives, chopped, with capers and radish roses.

Veal may be used in place of the chicken, or use half chicken and half veal.

CHICKEN SALAD IN TOMATOES

Cut a slice from the top of as many ripe, smooth tomatoes as you wish to serve. Scoop the inside out carefully, keeping the shell as whole as possible. Make chicken salad after foregoing recipe and fill in the tomato shells. Place on lettuce leaves on small plates and dress the top of each tomato with a teaspoon of Oil Mayonnaise, page 281.

CHICKEN, SWEETBREADS AND MUSHROOM SALAD

1 pt. cooked chicken cut in small pieces
1 cup sweetbreads in small pieces
1 cup canned mushrooms
1 cup celery, diced
1 cup Mayonnaise
Lettuce leaves

Have everything very cold. Mix the first 4 ingredients with the Mayonnaise, pages 279 or 281, and place on lettuce leaves on small plates.

Chicken and sweetbreads, dressed with Mayonnaise, also make a good combination.

SWEETBREADS AND MUSHROOM SALAD

3 lbs. sweetbreads
2 cans mushrooms
1 cup walnuts, blanched
4 large stalks celery, diced
Whites of 6 hard cooked eggs, cut in ½-inch dice
2 cups Boiled Mayonnaise
Yolks of 6 hard cooked eggs

Follow directions for Boiled Sweetbreads, page 176, adding a small onion, carrot and celery to water for flavor. When tender and cool, trim and cut into ½-inch dice. Break walnuts into large pieces. Drain mushrooms and cut each mushroom in half. Double the recipe for Boiled Mayonnaise, page 279, and thin with plain or whipped cream. Have all the ingredients ice cold; when ready to serve, mix the first five, with the Mayonnaise. Serve on lettuce

leaves and garnish with the yolks, riced, lightly over the top. This serves 24 people.

SWEETBREAD, CUCUMBER AND TOMATO SALAD

¾ cup sweetbreads
Diced cucumbers
Sliced tomatoes
French Dressing
Mayonnaise
Whipped cream

Pour French Dressing, page 276, over the sweetbreads, that are boiled, cooled and diced. Drain and mix with pared and diced cucumbers and Oil Mayonnaise Dressing, page 281, mixed with whipped cream. Arrange in a salad dish, with a circle of sliced, chilled tomatoes on lettuce leaves, dressed with French Dressing.

HAM OR TONGUE SALAD FOR 12 PEOPLE

2 lbs. cold boiled ham or tongue
½ teaspoon paprika
Mayonnaise, page 279
½ cup capers
Red radishes

Chop ham or tongue very fine. Sprinkle with paprika and mix with Mayonnaise. Place on platter. Mark the meat in sections and fill dividing lines with capers. Surround with red radishes cut like tulips; add border of Saratoga Chips, page 229.

LIVER AND EGG SALAD

6 chicken livers, or
Some calves' liver
4 hard cooked eggs
3 small onions
French Dressing, No. 1

Bake or fry the liver, pages 194, 168; chop eggs and liver not too fine, chop onion very fine. Mix with French Dressing, No. 1, page 276, using chicken or goose fat in place of the olive oil. Serve cold on lettuce leaves.

TUNA FISH SALAD

1 large can Tuna fish
2 cups chopped celery
1 chopped green pepper
Boiled Salad Dressing

Remove skin and bones from fish. Break in ½-inch cubes, add the celery and pepper. Have everything ice cold. Arrange on lettuce leaves and cover with Boiled Mayonnaise, page 279.

SALMON SALAD

1 lb. can salmon
1½ cups celery
Lettuce
1 cup Boiled Mayonnaise

Free the salmon from skin, bones and oil; pick the fish apart and add the celery (which has been cut fine) and Mayonnaise Dressing, page 279, tossing lightly. Season to taste. Save a little Mayonnaise to pour over the top. Arrange in salad dish and

garnish with chopped parsley and drops of red jelly and serve on fresh, crisp lettuce leaves.

No. 1 **HERRING SALAD**

3 herring, cleaned and picked in pieces
3 apples
3 boiled potatoes
½ cup mixed nuts
¼ cup chopped cooked veal
1 pickle
A small onion
Pepper
¼ cup sugar
A few capers
4 hard boiled eggs

Mash the yolks of the eggs and mix with a little vinegar, chop the rest fine, and mix all together.

No. 2

½ doz. milter herring
½ lb. cold veal roast
2 heaping cupfuls apples
1½ cups beets, pickled
¼ cup onions
½ cup pickles
1 cup vinegar
2 stalks English celery
½ cup cold boiled potatoes
1 cup almonds
4 hard boiled eggs
2 tablespoons horseradish
2 tablespoons chopped parsley
1 cup granulated sugar

Soak herring over night, skin and take out all the bones. Rub the milt through a colander, with some of the vinegar. Now chop all other ingredients but eggs to size of a large pea, add milt and mix thoroughly. Decorate with sardellen, pickles, hard boiled eggs and beets, or olives and parsley.

Or, if you desire, mix all together and heap on platter. Separate the eggs. Rub yolks through a fine sieve and chop whites; decorate the mound with alternate strips of white and yellow of eggs, keeping line distinct.

No. 3

12 milter herring and milt
2 teaspoons prepared mustard
1 teaspoon dry mustard
1 tablespoon sugar
1 tablespoon grated onion juice
1 tablespoon lemon juice
½ cup olive oil
½ cup vinegar
3 teaspoons capers
1 pint double sour cream

Soak herring over night. Skin and bone. Rub milt through colander, with the vinegar. Mix with rest of ingredients until smooth and pour over herring. Keep cool. Serve after 2 days.

SARDINE SALAD

Remove bones from 1 box of sardines. Chop whites of 2 hard cooked eggs, add 1 small pickle chopped, mix well. Arrange on lettuce leaves and cover with ½ cup Cream Mayonnaise, No. 2, page 280. Crumble the yolks over top.

SHAD ROE AND CUCUMBER SALAD

A Shad roe
1 slice onion
1 bay leaf
1 tablespoon vinegar
2 fresh cucumbers
French Dressing
Mayonnaise
Lettuce

Let shad roe simmer 20 minutes in salted water with the vinegar. Cool, cut in slices and cubes and pour over it a French Dressing, page 276; add one cucumber, peeled, cut in cubes, and Mayonnaise, page 281, to moisten. Place salad on a bed of crisp lettuce leaves; garnish with the other cucumber, sliced.

OYSTER SALAD

1 pint oysters
1 pint celery
Lemon slices
French Dressing
1 teaspoon Worcestershire sauce
Lettuce
Parsley

Wash and drain oysters. Place in stew pan with a little water and cook until oysters are plump and edges begin to curl. If oysters are large, cut into quarters. Add celery to oyster and pour over French Dressing, page 276, with a scant teaspoon Worcestershire added. Serve on lettuce leaves and decorate with lemon slices and sprigs of parsley.

SHRIMP AND CUCUMBER SALAD

Break shrimps in pieces and pour over it a French Dressing, page 276. Let stand until serving time, then add to it an equal amount of chilled peeled cubes of cucumber, and mix with a little Mayonnaise, page 281. Place on serving dish, on crisp lettuce leaves, decorate with whole shrimps and sliced cucumbers, dressed with some of the French Dressing.

SHRIMP-PINEAPPLE SALAD

6 slices pineapple
½ lb. boiled shrimp
1 long green sweet pepper
Lettuce and French Dressing

Place lettuce leaf on salad plate, add slice of pineapple, on top of this ½ inch ring of green pepper. Fill center of pepper with shrimp, shredded. Cover with French Dressing, page 276, and serve ice cold.

LOBSTER SALAD

Cut cold boiled lobster into small pieces. Marinate with French Dressing; put on lettuce leaves; cover with Mayonnaise, page 281, and garnish with lobster claws, olives, hard boiled eggs and capers.

CRAB MEAT SALAD

1 lb. can crab meat
4 hard cooked eggs
Salt and paprika
½ cup almonds
1 cup Boiled Mayonnaise
1 pint heavy cream
1 green pepper or pimento
Head lettuce

Pull out the bones and cut the crab meat in large pieces. Cut the whites of the eggs into cubes. Blanch the almonds and cut into thin, lengthwise strips. Mix these ingredients. Whip the cream very stiff, add gently to the Boiled Mayonnaise Dressing, page 279, add salt and paprika. Add to crab mixture. Serve in salad plates on crisp lettuce; garnish with strips of green pepper or pimento and top with crumbled egg yolk.

SHRIMP OR LOBSTER ASPIC

2 tablespoons gelatine
¾ cup cold soup
1 cup hot soup
½ cup Chili sauce
Juice of 1 large lemon
2 chopped dill pickles or sweet pickles
1 lb. fresh boiled shrimp, lobster or crab meat, diced
1 cup celery, diced

Soak granulated gelatine in cold soup or water a few minutes, add hot soup and stir until dissolved. Let cool slightly, add lemon juice, Chili Sauce and salt to taste. Set aside in cool place. Just when it begins to thicken add the chopped and diced ingredients, place in mould or moulds and set aside several hours to harden. Serve cold on lettuce leaves with mayonnaise.

May be used as an appetizer.

SEA FOOD SALAD IN FISH MOULD

1-lb. can crab meat
1 lb. shrimps, boiled
1 lb. halibut
½ cup small, ripe olives
1 small can pimentoes
2 tablespoons gelatine
¼ cup cold fish liquid
3 cups hot fish liquid

Cut olives in thin slices, then in half circles and place in fish mould in spaces representing scales. Cut pimentoes in fine long strips and fit into spaces for fins. Place bit of pimento in center of stem end of slice of olive, to represent eye of fish. Shred and bone crab meat carefully; place bright red pieces about the head. Pile rest of the crab meat evenly over all. Boil Shrimp, page 154, strain, cut in ½-inch cubes; boil halibut, page 139, strain and reserve liquid; cut fish in small cubes.

Soak gelatine in cold fish liquid, add hot liquid, stir until dissolved. Pour into mould. Set aside several hours to harden and chill. Serve with Tartar Sauce, page 127, as a salad or as an appetizer. If desired use only crab and halibut or crab and shrimp.

CHAPTER XXIV

APPETIZERS

OYSTER COCKTAIL

No. 1

1 pint small oysters
12 tablespoons catsup
3 tablespoons Tarragon vinegar
Little Worcestershire Sauce
3 tablespoons white grape juice or wine substitute
Cayenne pepper and salt to taste
Juice of 1 lemon

Serve very cold in cocktail glasses with ¼ teaspoon grated horseradish on top of each portion. Little neck clams or shrimp or any firm cold boiled fish may be used.

No. 2

6 oysters
1 tablespoon Cocktail Catsup
½ teaspoon grated horseradish root
½ teaspoon lemon juice

Place 5 or 6 small oysters in each glass, cover with catsup and lemon juice and place the fresh grated horseradish root on top. Serve very cold.

Or, arrange on plates of crushed ice, with lemon baskets in center, filled with cocktail sauce.

AVOCADO COCKTAIL

Cut ripe Avocados in dice; mix equal parts of lemon juice and tomato catsup with salt and pepper to taste (tablespoon to each cocktail glass). Pour on diced Avocado and serve cold.

SARDINE COCKTAIL

1 small box sardines
¼ cup tomato catsup
1 tablespoon grated horseradish
Juice of 1 lemon
Salt to taste
1 teaspoon Worcestershire Sauce

Skin and bone sardines and cut into small pieces. Mix with the rest of the ingredients. Serve ice cold in cocktail glasses.

LOBSTER COCKTAIL

2 lobsters boiled, cut into pieces ½ inch square. Follow recipe for Oyster Cocktail No. 1, substituting lobster in place of oysters. Serve very cold in cocktail glasses, six pieces to a person.

SCALLOP COCKTAIL

Clean scallops, put in saucepan and cook until they begin to shrivel. Drain and chill. Serve same as Oyster Cocktail Nos. 1 or 2, page 283, using the scallops in place of the oysters.

FRUIT ICE COCKTAIL

Take equal parts of fresh diced pineapple and strawberries or any other fruit in season. Place tablespoon of orange, lemon or pineapple ice, page 391, in cocktail glass, fill glass with fruit. Decorate with mint leaves.

STRAWBERRY COCKTAIL

1 quart strawberries
2 lemons, juice
1 quart cold water
2 cups sugar

Mash the berries well, add sugar and lemon juice and let stand 3 hours. Add the water, strain and stir until dissolved. Let stand on ice 1 hour. Serve in tall, narrow glasses, reserving 3 or 4 whole berries, cut in two for each glass, or serve in thin glasses with shaved or crushed ice. Raspberries, currants or other fruit may be used.

PINEAPPLE AND GRAPEFRUIT COCKTAIL

Take equal parts of diced pineapple, grapefruit pulp and stoned white cherries. Place in cocktail glasses. Mix the fruit juices with Fruit Salad Dressing with Pineapple, page 284, and serve ice cold. If desired, sprinkle tiny bits of mint cherries in each glass.

CRANBERRY COCKTAIL

Dice equal amounts of canned pineapple, peaches and pears. Pour over cranberry sauce, page 333, flavor with lemon juice. Chill and serve in tall cocktail glasses.

GRAPE JUICE COCKTAIL

Pecan nut meats
1 qt. white grape juice
1 qt. blue grape juice
1 pt. ginger ale

Fill each cocktail glass ¼ full of cracked ice, add a pecan. Mix rest of the ingredients and pour over the ice into glasses.

GRAPE FRUIT SALAD

Remove pulp from grapefruit; add a little sugar and, if desired, chopped pineapple and a few maraschino cherries. Serve very cold in glasses or fruit shells surrounded with crushed ice.

MELON COCKTAIL

Cut into cubes or balls with French cutter, the heart of a ripe, ice cold watermelon. Place 5 or 6 balls in each cocktail glass and pour over them ice cold ginger ale. Canteloupe, Casaba or Honeydew may be used or they may be combined.

CASABA, HONEYDEW OR SANTA CLAUS MELONS

Cut Casaba, Honeydew or Santa Claus Melons lengthwise, and serve ice cold garnished with red grapes or dark red leaves.

CRAB CANAPES

Circle of toast spread with deviled crab mixture, grated cheese on top, browned in oven.

CRABMEAT OR LOBSTER CANAPES

Spread rounds of toasted bread with finely chopped crab or lobster meat, seasoned with salt, cayenne and a few drops of lemon juice, moistened with Thick White Sauce, page 121. Cover with 2 tablespoons creamed butter to which 1 teaspoon white of egg has been added. Sprinkle with cheese and brown in the oven.

ANCHOVY BUTTER ON TOAST

4 boned anchovies
2 hard boiled yolks of eggs
¼ cup butter
Paprika

Pound the above ingredients together in a mortar until smooth, then pass through a puree sieve. If the anchovies were preserved in salt rather than oil, let stand some hours in milk or water to freshen.

Butter small, thin, round pieces of toast; then spread very lightly with anchovy butter, and on this place a carefully fried or steamed egg. Garnish with lemon and parsley.

EGG AND SARDELLEN APPETIZER

Place ½ hard boiled egg, cut crosswise, cut side down on a slice of fresh buttered rye bread. Place half of a sardellen, soaked and boned over top of egg.

Or, cut bread round and toast and place on each slice a slice of tomato, on this put 4 half sardellen soaked in water, then a half egg and over this a Mayonnaise Dressing, page 279.

Or, soak sardellen in cold water 4 hours, remove bones. Take equal parts of sardellen and fresh butter, creamed. Chop sardellen fine, mix with the butter, add the parsley and spread on fresh rye bread or toast. Separate egg, chop white fine and rice the yolk and decorate sandwiches with alternate rows.

Or, soak ½ pound sardellen, bone and mash them and add 2 tablespoons cream cheese, 2 tablespoons sweet butter, a little grated onion, a pinch of cayenne pepper. Spread on toast.

ANCHOVIES WITH OLIVES

Spread a round or square piece of toast with Anchovy butter, garnish with stuffed olives, sliced.

ANCHOVY WITH CHEESE

Mix grated Parmesan cheese with Anchovy essence, a little melted butter, and lemon juice, spread this paste on a round piece of toast with a coiled Anchovy on top.

CHUTNEY AND CHEESE APPETIZER

Toast rounds of bread on one side; cover the other side with Chutney Sauce, page 570, sprinkle with grated American cheese. Broil a few minutes until cheese is melted and serve at once.

CANAPES OF EGG AND ANCHOVY

Triangle-shaped toasted bread; spread with Anchovy butter, along one side sprinkle chopped whites of hard cooked eggs; on second side, chopped yolks; on the third side, minced pickles. Place stuffed olives in center.

TOMATO AND ANCHOVY APPETIZER

Round pieces of toasted bread, spread with butter, then Anchovy paste. Place thin slice tomato on top, sprinkle with grated American cheese; place under broiler until cheese is melted and serve hot, garnished with sprigs of parsley.

RAINBOW RYE BREAD APPETIZER

Take large, round loaf of rye bread. Remove lower crust. Cut a thin slice off of loaf in one piece and spread thickly with butter and Mayonnaise, page 279. Place this round slice of bread on serving platter and decorate (rainbow fashion) in distinct circles with a variety of sandwich mixtures. Mark without cutting a circle in center with tumbler. Spread caviar over this center. For second circle use 5-inch plate as a marker, spreading around yolks of hard cooked eggs, riced. For third ring use minced ham; fourth, white of hard cooked eggs; fifth, stuffed olives; sixth, yolk and white of hard cooked egg, mixed; each variety chopped fine. Remove crust on outside and serve on platter, cut in 3-cornered pieces like pie.

HARLEQUIN APPETIZER

Take square loaf of rye bread. Remove crusts. Cut loaf lengthwise into slices ½ inch thick. Spread each slice thickly with creamed butter and mayonnaise. With large kitchen knife mark lines on slice through butter and mayonnaise. These lines should be ½ inch apart and form 9 spaces. Fill spaces between lines with sandwich fillings of contrasting colors; in center space, spread lightly, smoked salmon, ground fine; next take finely chopped white of egg, spread lightly in spaces on both sides of salmon. Fill spaces on each side of egg white with yolks of hard cooked eggs, riced; in next spaces on each side, spread sardellen paste and in the last spaces or the edge of the bread, run a decoration of cream cheese through a pastry tube. When the slice is thus covered with these rows of colored fillings, cut crosswise with sharp knife into inch strips. One slice of the bread will make 10 or more strips, depending on the size of the loaf.

The slices may be cut on oblong platters and served.

SARDINE CANAPES

Equal parts of yolks of hard boiled eggs and sardines made into a paste, little lemon juice, spread on toast. Put whites through ricer, mix with chopped parsley and sprinkle on top.

SARDINE APPETIZER

2 oil sardines
1 tablespoon catsup
1 tablespoon lemon juice
A dash of Tobasco Sauce
1 round slice toast or buttered bread
Lettuce leaf

Drain, clean, skin and bone the sardines, place crisp lettuce leaf on plate, place bread on top, lay the sardines across and spread over the whole the catsup, lemon juice and the Tobasco Sauce.

SARDINE CRUSTS

Sardines, whites of hard boiled eggs and capers, all minced fine; add a little Worcestershire sauce. Spread on buttered toast.

SARDINES AND PARMESAN CHEESE

Finger strips of toast, covered with butter and grated cheese. Place ½ of a boned sardine on top; serve with slice of lemon. May be placed in broiler until heated.

CANAPES OF SMOKED SALMON

Spread toasted bread with Anchovy butter, place thin round of smoked salmon on top; serve with a border of hard boiled eggs minced with parsley.

CAVIAR WITH EGG

Cut slices of hard boiled eggs; take out the yolk, fill its place with caviar. Serve on thin slices of buttered brown bread, arranging the yolks, riced, as a border.

CAVIAR WITH ONIONS

To 1 part of caviar allow ¼ part mayonnaise. Mix and spread on buttered bread or toast; then sprinkle with grated or chopped onion.

HERRING APPETIZER

Serve Pickled Herring, page 146, or Salt Herring, washed, cleaned and cut in 2-inch slices with fresh rye bread.

Or, remove Bismark or pickled herring from can, and arrange on a platter; sprinkle with pepper, brush over with lemon juice, and melted butter, and pour over the liquor left in the pan. Place in a moderate oven, heat thoroughly and garnish with parsley and lemon slices.

EGG APPETIZER

Spread round of freshly toasted bread with butter, place a hot Steamed or Dropped Egg, page 89, in center, cover with a tablespoon of Chili Sauce and serve hot on lettuce leaf.

HAM AND EGG APPETIZER

½ lb. ham
5 hard cooked eggs
1 teaspoon chives, chopped
Mayonnaise

Separate yolks and whites of eggs. Mash the yolks, add chives, salt and paprika and mix to a smooth paste with mayonnaise. Grind ham and whites of eggs, mix all together and form into balls size of a walnut, and serve with mayonnaise.

EGG AND TOMATO APPETIZER

2 or 3 hard cooked eggs
¼ teaspoon salt
⅛ teaspoon paprika
3 large, ripe, firm tomatoes
Gargoyle Sauce
Lettuce

Cook fresh eggs 30 minutes, just below the boiling point, remove shell and while warm, pass through ricer or food grinder. Add salt and paprika to taste and a few drops of onion juice if desired. Pack tightly into small mould or glass and set aside in cold place 4 or 5 hours. Remove from glass, cut into ½-inch slices. Cut tomatoes into thick slices crosswise; place lettuce leaf on serving plate; then the tomato slice, then the slice of egg on top of that and cover the whole with Gargoyle Sauce, page 282.

Or, allow 1 egg for each person; season well, grind; add 1 teaspoonful each of chile sauce and cream, mix and pack into small, buttered cups as above. Serve on tomato slices.

MARROW BONES

Have butcher cut narrow bones 3 inches thick, one for each person, and scrape the sides perfectly clean. Place in a hot oven for 6 minutes. Salt and send to table at once. Dress in a parsley bed and serve with toast points.

CHICKEN LIVER PASTE

Cook chicken livers slowly in hot chicken fat a few minutes. Drain and strain through sieve. Saute fresh or dried mushrooms, and chop very fine. Mix with the liver, add lemon and onion juice, salt and pepper to taste. Spread on pieces of buttered toast or on salted crackers.

CANAPES OF CHICKEN LIVER

Take a dozen chicken livers, saute in hot fat with an onion till tender. Smooth to a paste, add salt, cayenne, butter and Anchovy essence to taste. Spread on toast.

Calves' liver, sliced, may be used in place of the chicken livers.

GOOSE LIVER APPETIZER

1 round slice bread
Butter to spread
1 slice fresh tomato
Salt and pepper to taste
1 slice goose liver
1 hard boiled egg

Toast bread, one slice for each person; butter lightly. Place a thick slice of tomato on top of this; season with salt and pepper. On top of this place slice of Fried Goose Liver (page 194), decorate top with yoke and white of egg, chopped separately, arranging them alternately in strips of white and yellow.

BRAIN CANAPE

Remove red membrane and soak a set of calf's brains in cold water 20 minutes. Drain and chop fine, add an egg, 1 tablespoon cracker crumbs, salt and paprika. Spread 1 heaping tablespoon of this mixture on each round of bread and fry in deep, hot fat.

CUCUMBER APPETIZER

Peel a large, firm cucumber, cut into thick slices, scoop out center with a cutter, leaving only the rim. Put each piece on a thick slice of tomato and fill center with cold chopped white meat of chicken, mixed with Oil Mayonnaise, No. 1, page 281, decorate with chopped capers.

TOMATO BASKET APPETIZER

Take small, smooth, firm tomatoes, one for each person. Cut ½-inch strip for handle, half way down the center on smooth flat side. Cut crosswise on both sides to the handle. Scoop out bottom of basket in 4 sections. Remove pulp under handle. Fill first section with hard boiled white of egg, chopped; second, with chopped egg whites, covered with caviar; third, with the yolks of eggs, riced, and fourth, with crab meat or Anchovies minced. Serve on lettuce leaves.

APPETIZER OF ARTICHOKE

6 slices of artichoke heart
1 can caviar
3 hard boiled eggs
12 pimolas
1 teaspoon chopped onion

The artichokes can be bought in cans or bottles.

Cover each piece of artichoke with caviar, chopped onion and pimolas (stuffed olives), also chopped white of egg and the yolk put through a ricer, and cover with a thin Mayonnaise, page 281.

DEVILED OLIVES IN BLANKETS

Press ½ pecan nutmeat into a deviled olive. Fold a thin slice of bacon around each olive, fasten with a wooden toothpick, brown slowly in frying pan and serve very hot, with any cocktail.

SARDELLEN IN TOMATO JELLY

Make Tomato Jelly, page 301. Put sardellen in bottom of mould. Pour in the gelatine just as it begins to thicken. Set aside several hours to harden. Serve on round of boiled celery root, page 210.

EGG AND CAVIAR ON CELERY ROOT

4 hard boiled eggs
1 tablespoon caviar
Salt and paprika to taste
Boiled celery root

Boil eggs, page 89, and while hot put through grinder. Mix with caviar, press evenly in a shallow pan, set aside several hours to harden. Cut in rounds with biscuit cutter and serve each portion on a ½-inch slice of boiled celery root, page 210.

CELERY WITH CHEESE

Wash tender celery hearts, place in cold water to crisp. Mash fresh cream cheese, add chopped nuts and olives to taste. Spread mixture on grooves of celery and serve with toasted crackers. Roquefort cheese may be used in place of the cream cheese, working it creamy with a little butter.

CHAROCIS FOR SEDAR

Pare and chop a few apples. Add sugar, cinnamon, pounded almonds, grated lemon rind, mix thoroughly and add a little white wine to hold it together.

MUSTARD FOR THE TABLE

1 teaspoon sugar
⅛ teaspoon salt
1 tablespoon salad oil
2 tablespoons ground mustard
2 tablespoons vinegar

Mix salt and sugar and stir in the oil thoroughly. Add the vinegar to the mustard and combine the mixtures. If too thick add a little boiling water.

Or, take the dry, ground mustard and add to it gradually cold water or vinegar to make a smooth paste.

HORSERADISH FOR THE TABLE

1 lb. horseradish root
2 tablespoons sugar
White vinegar

Scrub the horseradish root, pare and grate over hot stove, or out of doors. Mix and add all the vinegar that the horseradish will absorb. Bottle in air-tight cans and take out only enough at a time for immediate use.

CHAPTER XXV

SANDWICHES

Take wheat, rye, entire wheat, Graham or brown bread.

Bread for sandwiches cuts better when a day old. Wrap them in paraffine paper for picnics or school lunches, or place in a tin box or pile on plate, cover with waxed paper or dry napkins and lay a damp napkin over them; place in ice box until wanted. Cream or wash the butter before spreading. Remove end slice of bread. Spread end of loaf evenly with creamed butter. Cut off a slice as thin as possible. Repeat until the number of slices required are prepared. Put together in pairs, cut in squares, oblongs, triangles or rounds (with biscuit cutter). Remove crust if you desire.

Cut loaf in slices lengthwise when sandwiches are to be cut in fancy shapes.

To save time when spreading sandwiches, mix creamed butter with sandwich filling instead of spreading each separately.

BUTTERS FOR SANDWICHES

No. 1—Pimento or Olive Butter

Cream ½ cup butter. Drain 3 large pimentos from the liquor in can, rinse with cold water and dry on towel. Rub through a sieve and work the pulp into the creamed butter, season with salt.

Olive Butter—grind ripe olives, mix with equal quantity of pimento butter above, or grind stuffed olives and mix with ¼ part mayonnaise, page 281.

No. 2—Green Pepper Butter

Cut a slice from the stem ends of 3 or 4 green peppers; remove the seeds and white portion. Cook in boiling water until soft; drain well and chop fine, drain again and rub through a sieve. Add pulp to ½ cup creamed butter and a few grains of cayenne.

No. 3—Shrimp Butter

Clean and finely chop freshly cooked or canned shrimps; allow 1 cup fresh butter for each pound of prepared shrimps. Pound all together until perfectly smooth; then rub through a sieve.

No. 4—Anchovy or Sardellen Butter

Soak Anchovies or Sardellen in milk or water several hours. Skin, bone and chop fine. Mix thoroughly and add to an equal

amount of butter, creamed; add a few drops of onion and lemon juice. Smoked salmon may be prepared the same way.

No. 5—Peanut—Crush the shelled peanuts, divested of skins, or pass them through a food chopper. Season with salt and mix to a paste with cream, or omit the salt and add to creamed butter. Spread between slices of bread.

No. 6—Almond—Shell almonds, throw into boiling water and allow to stand just a moment; rub off the brown skins. Put in baking pans in moderate oven to dry, but not to brown. Grind at once. Pack in glasses, cover and keep in cool place.

No. 7—Brazil Nut—Crack the nuts, and with a sharp, thin knife trim off all the brown skins, being careful not to soil the nuts. Cut them into slices, grind, pack in glasses, cover and keep in a cool place.

No. 8—Vegetarian

¼ lb. almonds
½ lb. pecan nuts
½ lb. hazel nuts or filberts
½ lb. roasted peanuts

Shell and blanch the nuts. Mix all together and put them through a grinder, knead until it becomes a little soft; pack closely into jelly glasses and stand at once in a cool place. When ready to use dip can in hot water, until the mixture slips out easily. Cut the "cheese" into slices and serve.

SWISS CHEESE SANDWICHES

¼ lb. Swiss cheese
Salt, paprika
¼ lb. English walnut meats
¼ cup butter, creamed

Cut Swiss or American cheese in thin slices and put between slices of buttered bread, or grate cheese, chop nut meats, season with salt and paprika, mix with butter and spread on bread.

COTTAGE CHEESE SANDWICHES

¼ cup pimentos or stuffed olives, chopped
½ cup cottage or cream cheese, riced

Add salt to cheese and mix to a smooth paste with a little cream or milk; then stir in the pimentos. ½ cup walnuts, chopped, may be added. Spread between thin slices of bread.

CHEESE AND ANCHOVY SANDWICHES

2 tablespoons butter
¼ cup grated American cheese
1 teaspoon vinegar
Salt, paprika, mustard, Anchovy essence

Cream the butter, add the cheese and vinegar. Season and spread between thin slices of bread.

CHEESE-PEANUT SANDWICHES

1 small jar prepared cheese 1 small jar peanut butter
6 finely chopped olives

Follow recipe for Potted Cheese, page 266. Mix all together thoroughly; if too hard or stiff add enough butter or fresh cream to make smooth enough to spread between thin slices of bread.

STUFFED OLIVE SANDWICHES

Chop stuffed olives fine in a wooden bowl, mix with a little Mayonnaise Dressing, page 281, and spread between thin slices of brown or wheat bread. Cut in triangles or circles.

AVOCADO OR ALLIGATOR PEAR SANDWICHES

Mash the flesh of a ripe avocado or alligator pear with a fork. Sprinkle with salt and pepper and spread thickly between thin slices of wheat or rye bread.

Or season with lemon, or lime juice or with French or Mayonnaise Dressing. Overripe discolored portions should be cut away.

ONION SANDWICHES

Cut fine Bermuda onions in thin slices, sprinkle with salt and few grains fo sugar, and place between two slices of rye bread, which have been buttered or spread with goose fat. Or fry the onions in fat until tender, add salt and pepper and spread on top of a slice of fresh or toasted rye bread.

HORSERADISH SANDWICHES

Cream ¼ cup butter or substitute gradually with ¼ cup grated horseradish, add 1 teaspoon lemon juice, a little salt and sugar. Cut thin slices of rye or wheat bread in rounds, triangles or diamond shapes. Spread mixture between slices, decorate top, in center, with a slice of stuffed olive, cut crosswise.

CHEESE AND PINEAPPLE SANDWICHES

Mash 1 large cream cheese, add ¼ cup triple cream, whipped. Add an equal measure of finely chopped pineapple, well drained. Spread thin slices of white bread with mayonnaise, cover half the slices with a layer of mixture and remaining half with lettuce leaves lightly spread with mayonnaise Put together in pairs.

CHERRY AND PINEAPPLE SANDWICHES

Pick over, pit and thinly slice dark red Ox-heart cherries, drain; add an equal amount of chopped and drained pineapple. Blanch

and finely chop almonds, or use pecans (about ¼ cup), mix thoroughly and moisten with mayonnaise. Spread thinly sliced white bread with mayonnaise, cover half the slices with cherry mixture and remaining half with crisp lettuce leaves. Put together in pairs.

CAVIAR SANDWICHES

To ¼ pound of Russian or Domestic Caviar add 2 tablespoons lemon juice, a little paprika and 3 tablespoons of olive oil. Stir until creamy. Spread on thin, small round slices of white or entire wheat bread.

TONGUE SANDWICHES

Take thin slices of boiled, smoked or pickled tongue or mince it as Goose Meat Sandwich below, and place between two slices of bread, spread with mayonnaise, mustard or butter.

HAM OR SMOKED BEEF SANDWICHES

½ lb. cold boiled ham
Or smoked pickled beef
Thin slices of bread
¼ cup mayonnaise

Chop the ham or smoked beef very fine, without taking off the fat. Mix with creamed butter or Mayonnaise, pages 279-281, and spread between layers of thinly sliced bread, or cut meat in thin slices and place between the bread.

GOOSE MEAT SANDWICHES

Spread thin slices of fresh or toasted rye bread or rolls with goose fat. Place slices of cooked goose meat between, or mince the meat, add 1 or 2 pickles, or a little catsup. Mix and place between the bread.

CHICKEN OR VEAL SANDWICHES

Cut cold, boiled or roasted chicken or veal in thin slices and place between thin slices of buttered bread.

Or, chop meat and moisten with Mayonnaise, pages 279-281. Sprinkle with finely minced celery or sweet green peppers.

CHICKEN AND NUT SANDWICHES

Chop fine cold roast chicken (use bits that are too small or shapeless for other use). Mix with a little chicken gravy. Add some chopped nuts, a few drops of lemon juice and celery salt. Spread between slices of buttered bread.

PATE DE FOIE GRAS SANDWICHES

Small goose livers
3 hard cooked eggs
2 tablespoons goose fat
Salt and pepper

Smother goose livers until soft in goose fat, page 194, mash into a paste, with the eggs, add salt, red pepper and a little grated onion, spread on small, thin slices of toast.

MOCK PATE DE FOIE GRAS SANDWICHES

Remove casing from liver sausage, mash to a paste with mayonnaise. Spread between thinly sliced, buttered rye bread.

SWEETBREAD SANDWICHES

Follow recipe for Boiled Sweetbreads, page 176, and when cold, chop fine. Mix with Mayonnaise Dressing, pages 279-281, chopped celery and nut meats, spread between slices of bread.

LETTUCE SANDWICHES

Wash and dry fresh, crisp lettuce leaves, place between thin slices of buttered bread and spread a teaspoon of Mayonnaise Dressing, page 279, on each leaf.

EGG SANDWICHES

4 hard cooked eggs
1 tablespoon mayonnaise
Salt and pepper to taste
Slices of buttered bread

Chop finely the whites of hard boiled eggs; force the yolks through a potato ricer. Mix yolks and whites, season with salt and pepper, and moisten with Mayonnaise, pages 279-281. Spread mixture between thin slices of buttered bread.

EGG AND SARDINE SANDWICHES

Take equal quantities of egg yolks and sardines, the latter drained, skinned and boned. Season with salt, cayenne pepper and mustard. Rub until smooth and add lemon juice or olive oil to make a paste. Spread between thin slices of buttered bread or on fresh wafers, or use Mayonnaise, pages 279-281, in place of the lemon juice and other seasoning.

CRAB SANDWICHES

2 hard boiled yolks
½ can crab-meat
1 tablespoon melted butter
1 tablespoon lemon juice

Mash the yolks to a smooth paste with the butter, add the lemon juice and the crab, chopped fine. Mix well and spread between thin slices of buttered brown bread.

LOBSTER SANDWICHES

Remove lobster meat from shell and chop. Season with salt, pepper, prepared mustard and lemon juice or moisten with any Salad Dressing, pages 279 to 281. Spread on crisp lettuce leaf and place between thin slices of buttered bread.

SHRIMP AND CHICKEN LIVER SANDWICHES

Take ½ cup each of cooked shrimps and chicken livers, ½ Bermuda onion and ½ green pepper, seeds removed, put through meat grinder, season with salt and moisten with catsup or mayonnaise, and spread between thin slices of buttered bread.

FRUIT AND NUT SANDWICHES

1 lb. raisins or figs
1 lb. dates or prunes
½ lb. pecan nut meats
½ lb. English Walnuts
2 oranges, juice
2 lemons, juice

Remove stems and stones of fruits; chop or grind fine. Moisten with fruit juices. Add nuts, chopped fine. Spread between thin slices of buttered brown bread. Keep left-overs in Mason jars.

No. 1 FANCY SANDWICHES

Cut white bread and brown bread in circles or squares of the same size. Spread half of each with creamed butter. Cut the remaining slices into fourths and arrange alternately, brown and white pieces on the whole buttered slices.

No. 2

Remove crusts from a white and a dark loaf of bread and cut in thin slices, lengthwise. Shape with round, fluted or square cutters. Spread one-half the pieces with creamed butter and any desired sandwich filling. From remaining pieces cut out shapes, using 1-inch round cutter, small animal or other fancy cutter, and refill space thus made with the same designs, placing dark bread in spaces of white bread and white designs in space of dark bread.

CHECKER BOARD SANDWICHES

Bake any dark or Graham Bread, page 61, in ordinary bread pans, same size and shape as wheat bread. Cut in 1-inch slices. Butter thickly one slice of brown and one of wheat and press the buttered sides together. Cut this thick sandwich in 1-inch slices. Spread each of these slices again thickly with butter and any desired sandwich paste on cut side showing the brown and white layers; then press the slices together in pairs to form long blocks 2 inches square, the brown and white alternating each other as in a checker board. Place under light weight, cut blocks in thin slices, arrange on plate to show checks.

ROLLED SANDWICHES

Cut fresh bread, while still warm, lengthwise in as thin slices as possible, using very sharp knife. Spread evenly with washed and creamed butter, and over this any well seasoned and minced sandwich filling. Remove crust. Roll each slice closely, wrap in damp cloth, set aside until firm. Cut in thin slices.

RIBBON SANDWICHES

1 loaf wheat bread
1 cup Mayonnaise
½ cup butter, creamed
1 small can pimentoes
1 large green pepper
1 cucumber
2 hard cooked eggs, riced

Ribbon sandwiches are made from a square loaf of bread cut into five or more thin slices, lengthwise, piled one on top of the other with different kinds of pasty sandwich fillings of various contrasting colors. They are sliced crosswise, look like layer cake.

Remove thick crust from entire loaf of bread. Cut lengthwise in five or more slices ¼ inch thick. Spread each well with butter and then with Mayonnaise. On the bottom slice, spread evenly the green pepper chopped fine and drained in a cheese cloth to remove extra moisture. Cover with second slice, buttered side over filling. Spread unbuttered side with butter and Mayonnaise, then cover with cucumber, peeled, center seedy part removed, the firm part salted, diced and drained. Cover with third slice, buttered side down. Spread unbuttered side with butter and Mayonnaise. Spread with ½ cup Pimentoes chopped fine. Cover with fourth slice, buttered side down. Spread unbuttered side with the eggs well seasoned with salt and paprika. Cover with last slice of bread, buttered side down. Press together well and wrap in damp cloth. Put in ice box until firm. Cut crosswise into thin slices and serve.

RIBBON SANDWICH SURPRISE

Follow directions for making Ribbon Sandwich, above, cutting loaf lengthwise in five ½-inch slices. Proceed as above with the following fillings: 1st filling—boiled ham, tongue or chicken ground, lobster, shrimp or salmon; 2nd—olive butter; 3rd—chopped eggs with caviar; 4th—cucumber. Press slices firmly together, wrap in damp cloth and put into ice box until firm. Several hours before serving, cut loaf crosswise into ½-inch slices, pressing slices together, keeping loaf in shape. Place on serving platter and cover top and sides with 1 cream cheese and ½ pound of cottage cheese, well seasoned and mashed to a paste with cream or Mayonnaise. Decorate top with nuts, olive slices or pimento, or bits of red and green pepper or roses made of the cheese, tinted.

SANDWICH FILLINGS

Spread slices of ham, sausage, any cooked meat or fowl with prepared mustard or Mayonnaise Dressing, pages 279-281, and place between thin slices of bread.

Mash and mix liver sausage with chopped pickles, pickled beets or other relish and spread between slices of buttered bread.

Chopped or sliced cucumber and onions, tomato or radishes may be mixed and placed between slices of buttered bread.

Thin slices of smoked salmon, plain or with a border of any desired Sandwich Butter, page 319, are served on a slice of bread.

Place jelly or jam between thin slices of buttered bread.

Mix orange marmalade with an equal amount of cream cheese and place between slices of buttered bread.

For fancy, decorated sandwiches, butter is creamed, a little lemon juice added, and run through a pastry tube in any design.

Cream or cottage cheese may be colored with vegetable coloring and used as a decoration or formed into roses.

OPEN FACED SANDWICHES

1. Tomato—With large biscuit cutter cut slices of wheat bread in rounds. With smaller biscuit cutter remove inside of half of these, thus forming rings Spread large rounds with creamed butter. On this, place, slice of tomato on lettuce covered with mayonnaise and then fit on rings. The small remaining rounds may be filled with any desired sandwich filling.

2. Watercress—Pick over, wash, drain and finely chop about ½ cup of watercress, and mix with softened cream cheese. Spread on rounds of bread, fit on rings, as in No. 1, above.

3. Cucumber—Pare medium cucumber, cut lengthwise, remove seeds and chop, season with grated onion and mix with mayonnaise. Add and mix, if desired, 4 hard cooked eggs, finely chopped. Spread on large rounds of bread, fit on ring.

4. Mushroom Paste—Follow recipe for Sauted Mushrooms, page 214. Cool, chop fine, season highly, mix with mayonnaise. Spread on large rounds of bread, fit on ring, as in No. 1.

HOT MUSHROOM SANDWICH

Chop Sauted Mushrooms, page 214, fine. Add ¾ cup White Sauce, page 120. Spread between thin slices of bread. Press firmly together, cut in half crosswise or in finger-shaped pieces and toast until slightly browned.

HOT TUNA SANDWICH

1 small sized can tuna fish
¼ chopped green pepper
½ tablespoon pimento
½ cup cooked salad dressing

Mix the tuna with a fork, add a little salt and the rest. Spread between two slices of bread. Toast and serve.

No. 1 HOT HAM SANDWICHES

½ lb. cold boiled ham
Prepared English mustard
8 slices stale bread
2 eggs
¾ cup milk
2 tablespoons butter

Chop the ham very fine, or put through meat grinder, and moisten thoroughly with the prepared mustard. Spread a layer of this mixture between thin slices of stale bread and press firmly together. Beat the eggs slightly, add milk and beat again, dip sandwich in this egg mixture and saute in well greased frying pan until a golden brown on both sides. Cut the sandwiches diagonally, serving two persons at one time.

No. 2

¼ lb. cold boiled ham
4 eggs
¼ cup cold water
Salt and pepper
2 tablespoons butter
6 slices buttered toast

Chop ham fine, lay on toast, keep hot. Beat eggs with water, salt and pepper. Pour into hot spider with the butter and stir until thick. Put ham and toast on plates, pour eggs over and serve.

CHEESE SANDWICHES, HOT

Butter thin slices of bread very lightly, sprinkle generously with the cheese; press two slices firmly together, cut in half and toast quickly. Serve at once, with coffee.

Or, toast circular pieces of bread, sprinkle with a thick layer of grated cheese, seasoned with salt and cayenne. Place in shallow pan in oven until cheese is melted. Serve at once.

HOT ROLLED CHEESE SANDWICHES

Prepare bread as for Rolled Toast Sticks, page 114, spreading slices with Cheese Mixture No. 2, page 267. Roll sticks in grated cheese, place in shallow pan in hot oven, turning until nicely browned.

CLUB SANDWICHES

Take 3 pieces of hot toasted wheat bread; butter; on one piece place sliced cold roast chicken and thin slices of fried bacon, on second piece, mayonnaise on lettuce leaf with sliced fresh tomato on top, cover with third slice, place on platter, cut in half diagonally and decorate with pickles, red radishes and olives.

MILWAUKEE SANDWICH

2 slices white bread
Roquefort cheese, grated
Chicken white meat, sliced

Butter 2 slices of white bread. Trim off crusts. Place a slice of chicken meat on one piece of bread. Sprinkle with Roquefort cheese. Season with paprika. Cover with the other slice, toast on both sides. Garnish with parsley; serve hot.

CHAPTER XXVI

FRESH AND STEWED FRUIT

TO SERVE FRESH FRUITS

Wash all fresh fruit thoroughly before serving.

Strawberries, raspberries, huckleberries, blueberries or blackberries are served plain with granulated or powdered sugar, or with cream and sugar. Pick over the berries, but do not remove stems. Place carefully in colander in a pan of cold water, so the water will cover the berries; lift colander up and down, change the water and thus wash the berries.

Or place berries without stemming, in small plate, have small mound of powdered sugar in center of plate and surround with the berries. Or place on rose geranium leaves. Put one leaf with a tablespoon of powdered sugar at the side.

Cherries, grapes, currants, (black, red or white) are eaten off the stem. Currants may also be stripped from the stem, generously sugared and allowed to stand several hours before serving.

Apricots, bananas, plums, nectarines, peaches are served whole, or sliced and served with sugar and cream.

TO SERVE AN ORANGE

Cut an orange in half crosswise. Place on an attractive dish, scoop out the juice and pulp with a spoon; sweeten to taste.

To Form a Daisy—Peel all around, way through all skin down to the juicy pulp. Take out pulp in each section separately, and put on a small plate in the form of a daisy. Put brown sugar in center.

Oranges with Cocoanut — Slice oranges as thin as possible, covering thickly with fine shredded cocoanut, powdered sugar and juice of one orange. Let stand half an hour before serving.

TO REMOVE PULP FROM GRAPEFRUIT

Cut piece from stem end of grapefruit. Peel off skin around and around through the outer yellow and white pithy part, way down to the juicy pulp. Insert point of knife at stem end close to core. Loosen pulp from the wall that encloses it on both sides; remove pulp in one piece. Remove seeds. Loosen pulp from walls in next section. Continue in this manner, thus removing the pulp in one piece, from each section, entirely free from seeds and skin.

TO SERVE GRAPEFRUIT

Cut in half, crosswise, with a sharp knife, remove seeds with fork, and sprinkle with sugar.

With a small sharp-pointed knife, make a cut, separating pulp from skin all around the grapefruit. Separate pulp from dividing sections. Remove tough portions in one piece by cutting with scissors at stem or blossom end. Sprinkle with sugar. Place on serving plate with maraschino cherry in center.

FRESH PINEAPPLE

Twist off leafy end. Cut pineapple in thick slices, crosswise. Put slice on board, cut around edge inside of peel. Cut away hard center core, by making four straight cuts through the slice, close to the core, one on each side, thus #. Then cut chunks in small slices or dice. Place in fruit dish, sprinkle well with sugar, add the juice of a lemon, let stand a few hours to ripen and serve cold.

TO SERVE MELONS

Select ripe melons. Wash and wipe. Place in paper bag, in ice chest. When ready to serve, cut in halves, or in sections, remove seeds and stringy portion. Serve ice cold with salt or sugar, at the beginning of a meal or fill with ice cream and serve as a dessert. Or, the meaty portion may be cut in cubes or balls and served in the melon shells. Rockyford and Osage Melons, Cantaloupes, Honey Dew, Honey Ball, Casaba, and Santa Claus Melons are prepared as above.

TO SERVE WATERMELON

Cut a watermelon, chilled by standing on ice, in slices crosswise or lengthwise in quarter sections. Serve with or without the shell.

Or cut out the red portion with tablespoon or divide into cubes an inch square and remove seeds. Sprinkle with chopped, fresh mint, or a mixture of half a tablespoonful of ground cinnamon to half a cup of powdered sugar; refill the melon shell. Let stand a few moments.

PINEAPPLE AND COCOANUT

Cut one ripe pineapple in ½-inch slices, crosswise. Peel and core. Sprinkle well with powdered sugar. Let stand 1 hour. Punch holes in eyes of a fresh cocoanut. Drain milk in saucepan. Add 1 cup of sugar to ½ cup of the cocoanut milk, let boil until thick. Crack, peel and grate the cocoanut. Pour hot cocoanut syrup over grated cocoanut. Let cool. Serve ice cold, surrounding pineapple slices with the cocoanut, decorated with fresh berries.

AMBROSIA

Cut a pineapple in 1-inch slices, then pare, twist off pieces to the core, with strong fork. Pare two oranges and a grapefruit, separate in sections, removing membrane between. Sprinkle 1 cup sugar over all, add juice of a lemon; place in ice box several hours. When ready to serve, mix with fresh grated gocoanut.

FRESH PEACH OR PEAR COMPOTE

1 dozen pears, or
2 dozen peaches
1 cup sugar
1 cup water
4 small pieces stick cinnamon

Boil sugar and water to a syrup, add the cinnamon; drop in the fruit peeled and sliced to suit, let boil slowly until tender. Serve cold with meat.

FRIED PINEAPPLE GARNISH FOR MEAT

Take canned pineapple or pears, and drain. Dip in flour. Fry quickly on both sides in butter until delicately browned. Serve as a garnish for roast meats.

COMPOTE TOWER

1 can peaches, halves
1 can pears, halves
1 lb. prunes, stuffed
1 jar preserved figs
1 bottle green maraschino cherries
1 bottle red maraschino cherries
1 small loaf stale bread
¼ cup butter
Paprika
Toothpicks

Cut off a very thin crust from entire loaf of bread. Let stand upright over night or until top and sides are dry and firm.

Soak and stuff prunes (page 519). Color pears pink (page 331). Drain fruits well and chill. Place bread upright on serving platter.

Spread top and sides with butter, sprinkle well with paprika. Cover entire loaf artistically with fruit, attaching it to bread with toothpicks as follows: Push toothpicks downward into loaf, in slanting direction, until firm. Stick a piece of fruit on each toothpick, pushing toothpick further into the bread, so it will not show. Place large fruits, rounded side out in rows or as desired to bring out contrast in color and fill in spaces with the cherries.

Place remaining fruit in circle around platter. Serve with the meat course.

BAKED APPLES

Wipe and core sour apples. Place them in an earthen dish and fill the center of each apple with sugar and a teaspoon of butter. Measure 1 tablespoon of water for each apple and pour it around

the apples. Bake in a hot oven until soft, but not until broken—20 to 30 minutes. Serve with milk or cream.

BAKED APPLE SAUCE

Place 6 apples, pared, quartered and cored into a pudding dish, add ⅜ cup of sugar and an equal amount of water. Cover dish tightly and bake in a slow oven until apples are soft and deep red in color.

PINK APPLES

Core, pare and cut 6 apples in halves, crosswise. Boil 1 cup sugar with 1½ cups water, 5 minutes, adding 2 tablespoons hard red candies, cinnamon hearts or clove drops. Place apples in covered baking dish, pour the red syrup over them. Cover dish closely and let bake in oven or stew on stove, basting often, until apples are tender and pink. Remove carefully to serving platter, surround with the syrup or with whipped cream or serve as a border around meat or salad.

PINK PEARS OR PINEAPPLE

Drain the juice from a can of pears or pineapple or from the fresh stewed fruit, add 2 tablespoons of little, hard red candies (clove drops or cinnamon heart candies), boil until dissolved, then add the fruit, simmer a few minutes, keep pouring syrup over fruit. If not red enough add more candies, or in place of candies use vegetable coloring. Lift fruit carefully on platter and if desired, put a marshmallow on top of each half, and toast under fire until marshmallow is a delicate brown. Serve as a garnish.

APPLES BAKED IN FRUIT JUICE

Core, pare and cut 6 apples in halves, crosswise. Place in baking dish, sprinkle with sugar, add teaspoon butter for each apple. Cover apples with prune juice, (¼ cup to 1 apple) or with juice from canned fruit. Cover and bake until tender, basting frequently. Remove cover and finish baking. Serve hot or cold with or without cream.

BAKED APPLES WITH MARSHMALLOWS

No. 1

6 apples
24 marshmallows
6 teaspoons sugar
1 tablespoon butter

Wash and core apples, put in pan with 6 tablespoons water. Bake ½ hour, remove from oven and in center of each apple place 3 or 4 marshmallows, teaspoon of sugar and a bit of butter. Return to oven and leave until done. Serve with cream.

No. 2

Core 6 large, red apples. Fill each apple with marshmallows cut in bits. Pour over them a syrup made by boiling 1 cup sugar with 1½ cups water 5 minutes, add ½ teaspoon vanilla. Bake apples in covered dish until tender, but not broken, sprinkle sugar over them. Then place a marshmallow on each apple, place in hot oven, or under gas flame, until marshmallows are toasted a golden brown.

BAKED APPLES WITH ALMONDS

Pare and core 6 tart apples. Pour over them a syrup made by boiling 1 cup sugar with 1½ cups water 5 minutes. Let simmer, turning carefully, until tender. Remove from syrup. Stick blanched Jordan almonds half way down and all around each apple. Sprinkle with sugar, place in baking dish, pour syrup about them, place in hot oven until nuts are delicately browned. Chill, and top each apple with whipped cream.

No. 1

STEAMED APPLES

Wipe, core and pare sour apples; put on a plate in a steamer and cook until the apples are tender. The juice may be strained and made into a syrup, using ¼ cup sugar to ½ cup juice; boil 5 minutes, add 1 teaspoon lemon juice and strain over the apples.

No. 2

Select 8 red apples, cook in boiling water until soft, turning often. Have water half surround apples. Remove skins carefully that the red color may remain.

To the water add 1 cup sugar, grated rind of ½ lemon, and juice of 1 orange. Simmer until reduced to 1 cup. Cool and pour over apples.

No. 1

APPLE SAUCE

10 apples
¾ cup water
½ cup sugar
1 tablespoon lemon juice
Or ⅛ teaspoon nutmeg or cinnamon

Wipe, quarter, core and pare sour apples; add the water and cook until the apples begin to grow soft, add the sugar and flavoring, and cook until the apples are thoroughly soft, stir until apples are mashed, or press through a strainer and beat well.

No. 2

6 or 8 tart apples
1 cup water
1 cup sugar

Quarter, core and pare the apples. Make a syrup of the sugar and water. When boiling, add the apples and cook a few at a time until tender, but not broken. Remove carefully. Boil down the syrup and pour over the apples.

QUINCES, BAKED

Wash, core and pare the quinces and lay them in an earthen casserole; fill centers with sugar, 1 tablespoon boiling water for each quince. Cover and let bake for 2 hours or until tender. Serve with cream and sugar.

CRANBERRY SAUCE

1 qt. cranberries 2 cups sugar 2 cups water

Boil water and sugar to a syrup about 10 minutes, add the cranberries, washed and picked over. Cover at first and cook until the cranberries are clear. Serve cold with meat or poultry.

CRANBERRY COMPOTE

1 qt. cranberries
1 cup granulated sugar
1 pt. Wiesbaden or preserved strawberries

Enough water to cover berries well. Put cranberries and water on to boil and let them cook for about 5 minutes and keeping covered. Then add strawberries and sugar and cook about 5 minutes. Serve cold.

CRANBERRY JELLY

4 cups cranberries 2 cups sugar 2 cups water

Pick over and wash the cranberries. Cook them (covered) in the water until they are soft and burst from the skins. Press through a strainer, add the sugar, and stir until the sugar is dissolved; stop stirring, and boil 8 to 10 minutes, or until a drop jells on a cold plate, skim. Pour it into moulds or glasses which have been wet with cold water and set away to cool.

CHERRY CRANBERRIES

1 qt. cranberries 2 cups sugar 1 cup water

Pick over, wash cranberries. Add water, boil, and when berries begin to burst, cover with sugar, boil 5 minutes on top of stove, or until clear.

Or place in shallow pan with water and sugar, cover, and bake in a slow oven, 300°F, ½ hour until thick and clear.

APPLES IN CRANBERRY SAUCE

1 cup sugar
1 cup water
2 apples
1 cup cranberries

Boil sugar and water 3 minutes. Pare apples, cut into balls, with potato ball cutter. Drop a few at a time in the boiling syrup, remove with skimmer when tender, but not broken. Place three in each individual mould. Wash and drain cranberries, add to hot syrup with apple trimmings. Let boil until soft about 5 minutes. Put through sieve, pour over apples. Serve as garnish for meat.

CRANBERRY JELLY AND KUMQUATS

Make Cranberry Jelly, page 333, pour in individual moulds, and surround with Whole Preserved Kumquats, page 557. Or, pour in ring mould and place kumquats in center.

RHUBARB SAUCE

Wash, cut off leaves and stem ends of rhubarb. If tender, do not peel. Cut in ½-inch pieces. To 4 cups of rhubarb, take 2 cups of sugar; or pour boiling water over the rhubarb, let stand 5 minutes, drain, and use only 1½ cups sugar. Place in saucepan with just enough water to keep it from burning; cook until soft. Flavor with the grated yellow rind of orange. Or, boil 2 cups sugar and 1 cup water to a syrup, add rhubarb, let boil a few minutes until tender, but not broken.

BAKED RHUBARB

Cut off leaves and root, wash and cut, without skinning, stalks of rhubarb in ½-inch pieces. Place in baking dish, add 2 cups sugar to 1 quart rhubarb. Cover, let bake in moderate oven, about 45 minutes until rhubarb is tender and deep red in color.

STEAMED RHUBARB

Wash, cut off leaves and stem ends and cut rhubarb in ½-inch pieces. Cook in double boiler, 1 quart rhubarb, 2 cups sugar. Let steam about ½ hour, until rhubarb is tender but not mashed.

RHUBARB AND PINEAPPLE

Take equal parts of rhubarb, cut in 1-inch pieces, and fresh pineapple diced. Add sugar to sweeten, about 2 cups of sugar to 1 quart of fruit. Let stand 1 or more hours. Place in saucepan, let heat slowly until sugar is dissolved and cook without stirring until rhubarb is soft but not broken. Cool and serve.

STEWED PRUNES

½ lb. prunes 1 quart water
¼ cup sugar

Wash the prunes, and then soak them in cold water over night. Cook slowly in the water in which they were soaked until soft. Add ¼ cup sugar to every 2 cups of prunes and cook 5 minutes longer. Season with lemon, orange juice, or cinnamon.

PRUNES AND RHUBARB

½ lb. prunes 1 qt. sliced rhubarb
¼ cup sugar

Stew prunes with sugar and mix with Steamed Rhubarb, recipe above. Let cook together 5 minutes. Cool and serve.

STEWED, DRIED APRICOTS AND PRUNES

¼ lb. dried apricots
¼ lb. dried prunes
½ cup sugar
Little cinnamon

Pick over and wash the fruit. Let soak in cold water over night. Put in preserving kettle, bring to the boiling point, add sugar, and let simmer until tender.

APRICOT GLAZE

¼ lb. dried apricots
¼ cup sugar
1 cup water

Wash and soak apricots in water 12 hours. Add sugar and cook gently until tender. Strain through fine sieve. Bottle while hot. Dilute with water, brush over fruit pies or tarts, to glaze.

STEWED KUMQUATS AND PRUNES

6 kumquats, sliced thin
1 cup pitted prunes
¼ cup sugar
½ cup prune juice

Prepare Stewed Prunes, opposite page. Drain and pit. Add kumquats to prune juice. Let simmer few minutes; add sugar. Cook slow until kumquats are tender, and add to prunes.

DRIED PEACHES, PEARS, APRICOTS

Peaches, pears, apricots, or any other dried fruits are prepared same as Stewed Prunes, opposite page.

SPICED DRIED PEACHES OR PEARS

1 lb. dried peaches or pears
½ cup sugar
6 cloves
2 pieces cinnamon
2 pieces ginger root

Wash, then soak fruit over night, place in kettle with water in which they were soaked, add spices, let simmer until nearly tender, add sugar, let cook 5 minutes. Cool and serve. Prunes may be prepared the same way.

GINGERED FIGS

Wash 1 pound dried figs and remove stems. Add cold water to cover and juice and rind of ½ lemon, and 1 large piece ginger root. Stew until the figs are puffed and soft. Remove figs to dish. Measure syrup and add ½ as much sugar; simmer until thick and add 1 tablespoon lemon juice. Serve with whipped cream.

STEAMED DATES

Separate dates and wash them. Place in a colander or strainer over a saucepan of hot water. Cover and let steam in this way for ¾ of an hour. Cool before serving.

CHAPTER XXV

PUDDING SAUCES

VANILLA SAUCE

1 tablespoon butter
2 tablespoons flour
2 cups boiling water
¼ cup sugar
1 teaspoon vanilla

Melt the butter, add flour and stir until it bubbles; add the boiling water and sugar. Boil until smooth and thoroughly cooked. Add flavoring, strain and serve hot.

LEMON SAUCE

2 cups hot water
1 cup sugar
1 lemon rind and juice
2 tablespoons cornstarch
2 tablespoons butter

Mix the sugar and cornstarch, add the boiling water gradually, stirring all the time. Cook 8 or 10 minutes, add lemon juice and butter. Serve hot.

ORANGE SAUCE

2 oranges, juice
¼ cup sugar
½ lemon, rind
½ orange, rind
½ cup water

Boil all together 3 minutes and serve.

Save Orange and Lemon Rinds. Grate yellow rind or grind whole peel fine. Use fresh; or mix with sugar and keep in a tightly covered jar. Use in pudding sauces, desserts, stewed fruit sauces and cakes.

JELLY SAUCE

1 glass jelly
¼ cup hot water
1 tablespoon butter
1 tablespoon flour

Add hot water to jelly and let melt on stove. Heat butter in suacepan, add flour and gradually the hot jelly liquid. Cook until smooth and serve hot over any pudding.

Or, the jelly may be placed on stove and melted with the hot water.

JAM OR MARMALADE SAUCE

¼ cup jam or marmalade
1 lemon, juice
1 pint water

Boil all together until dissolved and serve hot or cold.

PRUNE SAUCE

½ lb. prunes
½ orange
¼ cup sugar
¼ teaspoon cinnamon

Follow directions for Stewed Prunes, page 334. Remove pits, flavor with orange rind and cinnamon and mash to a soft mush. Thin with orange juice.

FRUIT JUICE SAUCE

1 cup water
1 tablespoon cornstarch
1 cup fruit juice
½ cup sugar

Mix sugar and cornstarch in saucepan, add water, place on stove, cook until smooth and clear, stirring. Remove from fire, add fruit juice, more or less sugar to taste. Stir and serve.

WHITE GRAPE JUICE SAUCE

No. 1

¾ cup white grape juice, or
1 tablespoon of sherry or other wine substitute
½ cup sugar
Grated lemon rind
2 eggs

Beat all together in double boiler, place over fire, stir constantly until smooth and thick and serve at once. If sherry substitute is used, take 2 tablespoons and dissolve it in ¾ cup of hot water.

No. 2

1 cup white grape juice
½ cup water
3 slices lemon
⅛ teaspoon cinnamon
¼ cup sugar
1 teaspoon potato flour
4 yolks, beaten
4 beaten whites of eggs

Mix the first 5 ingredients and boil until well flavored. If sherry jelly is used, dissolve 1½ tablespoons jelly in 1 cup of hot water. Moisten the potato flour with a little water and add to the grape juice mixture, stirring to avoid lumping. Then pour the hot grape juice gradually on the beaten yolks, stirring constantly to avoid curdling. Return to saucepan, add part of the beaten whites, heat through, and continue the beating. Remove to sauce bowl, place remaining whites on top sweetened with sugar.

CREAMY FRUIT SAUCE

White of 1 egg
1 cup sugar
1 cup grated or mashed fruit

Apples, strawberries, raspberries, bananas, peaches or apricots, or any other fresh or canned fruit pulp may be used. Beat the sugar, fruit and egg together, until frothy, about 20 minutes.

MELBA SAUCE

1 pint raspberries or strawberries
¾ cup sugar
½ cup water

Boil sugar and water 10 minutes; cool and when ready to serve add to chilled and crushed pulp and juices of berries.

Or mix ½ cup strawberry syrup, ½ cup raspberry syrup and 1 teaspoon corn starch dissolved in a little cold water. Let cook slowly 5 minutes and cool.

CUSTARD SAUCE

1½ cups scalded milk
⅛ teaspoon salt
¼ cup sugar
½ teaspoon vanilla
Yolks of 2 eggs

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually the hot milk. Cook in a double boiler until mixture thickens; chill and flavor.

HARD SAUCE

¼ cup butter
1 cup powdered sugar
⅓ teaspoon lemon extract
⅔ teaspoon vanilla

Cream the butter, add sugar gradually, and flavoring.

STRAWBERRY HARD SAUCE

⅓ cup butter 1 cup powdered sugar ⅔ cup strawberries

Cream the butter, add the sugar gradually and then the strawberries and beat until berries are well smashed. Serve with custards.

CHOCOLATE SAUCE

No. 1

1 cup of boiling water
Pinch of salt
1 square chocolate, (1 oz.)
½ cup sugar

Cook all together slowly until it is the consistency of maple syrup, or thicker if desired. Just before serving, add 1 teaspoon of vanilla. This will keep for a week and can be reheated.

No. 2

2 oz. chocolate, grated
1 pt. milk
1½ tablespoons cornstarch
2 eggs, separated
⅔ cup powdered sugar
1 teaspoon vanilla

Mix cornstarch with a little cold milk, add to rest of milk, cook in double boiler until thick, add chocolate. Beat white of eggs stiff, add sugar, then yolks unbeaten. Add to cooked mixture. Cook 1 minute, stirring, let cool, add vanilla and serve.

MOLASSES SAUCE

1 cup molasses 1 tablespoon vinegar 1½ tablespoons butter

Add butter to molasses, let cook 5 minutes, remove from fire and add vinegar.

WHEY HONEY

1 cup whey
⅓ cup sugar, or
½ cup corn syrup

When making Cottage Cheese, page 265, keep and use the thin watery part of the milk, called *whey*.

Mix whey and sugar and boil the mixture till it is of the consistency of strained honey. This syrup will keep indefinitely if properly bottled and is good for spreading on waffles or pancakes. Used a little thinner it makes pudding sauce.

BROWN SUGAR SAUCE

No. 1

¼ cup brown sugar
2 teaspoons butter

Cream butter, add sugar and serve over any hot pancake or cooked cereal.

No. 2

1 cup brown sugar
½ cup butter
¼ cup cream or milk
1 teaspoon vanilla

Cream butter, add sugar gradually, then flavoring and milk, drop by drop.

COFFEE SAUCE

2 eggs
¼ cup sugar
½ cup black coffee
½ cup thick cream

Strain the coffee and while hot add the sugar and a few grains of salt, and pour very gradually on the slightly beaten eggs. Place in double boiler and cook, stirring constantly until mixture coats the spoon. Strain into cold dish, and when cold and ready to serve, fold in the cream, beaten stiff.

CARAMEL SAUCE

1 cup boiling water
1 cup sugar

Spread sugar evenly over hot iron or aluminum frying pan, place on stove, stir gently with a spoon, moving sugar constantly to the hottest part of pan until melted to a smooth, light brown syrup. Then very gradually add the boiling water and let simmer from 5 to 10 minutes. The sugar will again become hard, but will melt in a few minutes. If too thick when cold add a little hot water and boil again.

BURNT ALMOND SAUCE

Pour boiling water over ⅓ cup almonds, slip off skins, place in pan in oven and let roast until crisp and slightly browned. Chop fine and add to Caramel Sauce, page 339.

STRAWBERRY CREAM SAUCE

½ cup strawberry juice
1 cup whipped cream
1 tablespoon Maraschino
Sugar to taste

Mix and serve cold over any pudding.

CREAM SAUCE FOR PUDDINGS

1 egg, separated
1 cup powdered sugar
½ cup thick cream
¼ cup milk

Beat white of egg until stiff, add yolk unbeaten, then the sugar, gradually. Add milk to cream, beat until smooth, combine mixtures, add flavoring.

CREAM FRUIT SAUCE

¾ cup cream
¾ cup fruit pulp
Sugar

Drain syrup from canned peaches, apricots or other fruit, rub through sieve. Beat cream very stiff, add to fruit pulp and sweeten to taste.

WHIPPED CREAM DRESSING

No. 1

¼ cup powdered sugar
1 cup heavy cream
½ teaspoon vanilla

Have cream ice cold, beat until stiff; add sugar gradually and the flavoring and continue beating until quite firm.

No. 2

1 cup sugar
½ cup water
White of 1 egg
1 cup whipped cream

Boil sugar and water to a thick syrup and pour in a fine stream into the white of an egg, beaten until foamy, but not dry. Set the sauce into a dish of ice water, and beat until cold, then fold in the whipped cream. Flavor to taste.

No. 3

2 teaspoons butter
2 teaspoons flour
1 cup hot canned fruit juice
1 cup cream, whipped
Juice of ½ lemon

Melt butter, add flour, stir well, until it bubbles, then add the hot juice drained from canned pineapples, peaches or pears. Stir constantly until it thickens. When cold, add whipped cream.

CHAPTER XXVIII

PUDDINGS

HOT PUDDINGS

No. 1 BREAD PUDDING

1 qt. stale bread or cake in pieces
1 pt. milk
½ cup sugar
2 eggs
¼ cup seeded raisins

Beat the whole eggs, add milk, sugar, and gratings of nutmeg or cinnamon if desired, pour over the bread in a pudding dish, let stand until thoroughly soaked and bake 20 minutes in a moderate oven. Add seeded raisins and almonds if desired. Serve with milk, jelly or any pudding sauce.

No. 2

2 cups bread crumbs
4 eggs, separated
1 lemon rind, grated
1 pt. milk
1 cup sugar
¼ cup almonds, chopped
Butter, brown sugar

Soak bread crumbs in milk ½ hour. Beat yolks well with sugar, add soaked crumbs, lemon rind, almonds, and lastly beaten whites. Place in individual moulds, generously greased with butter, and sprinkled with brown sugar. Bake in moderate oven ½ hour or until firm. Remove to dessert plates and serve with Jelly Sauce, page 336.

No. 3

1 cup of bread cubes
1 pt. of milk
½ cup of sugar
3 eggs, separated
1 teaspoon of vanilla
1 cup stewed apples

Cut the bread into ½ inch cubes; beat yolks of eggs and 1 white together, add sugar and vanilla, beat until well mixed; add milk, and stir until sugar is dissolved. Pour this custard over the bread and bake in a moderate oven until set; take from the oven and cover with stewed apples. Make a meringue of the remaining 2 whites and 2 rounding tablespoons of granulated sugar; add a few drops of vanilla, spread over the apples, and place in oven

until a delicate brown. Serve hot with or without cream. Any kind of preserve or jelly may be used in place of the apple.

CHOCOLATE BREAD PUDDING

1 oz. bitter chocolate
¾ cup stale bread crumbs
2 cups scalded milk
⅓ cup sugar
1 egg
⅛ teaspoon salt
½ teaspoon vanilla

Soak bread in 1¾ cups milk ½ hour; melt chocolate over hot water, add sugar and the remaining ¼ cup milk to make smooth paste. Add to bread with salt, vanilla and egg, slightly beaten. Place in well buttered pudding dish and bake ½ hour until set. Serve with cream or Vanilla Sauce, page 336.

SCALLOPED APPLES (Brown Betty Pudding)

3 cups apples, chopped
2 cups soft bread crumbs
½ cup sugar
1 lemon, rind and juice
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons butter
¼ cup water

Melt the butter and add the crumbs; mix the sugar, spice and lemon rind. Put ¼ of the crumbs in the bottom of a buttered dish. Then ½ of the apples. Sprinkle with ½ of the sugar and spices, then add another quarter of the crumbs, the remainder of the apples, and the sugar and spices. Sprinkle the lemon juice over this and the water, and put the rest of the crumbs over the top. Cover closely, cook 45 minutes in the oven, uncover, brown quickly. To be eaten plain or with sweetened Cream. Corn flakes may be used in place of crumbs.

SCALLOPED RHUBARB

Wash and cut stalks in ½-inch slices. Follow directions for Scalloped Apples, recipe above, using 1 cup of sugar and 3 cups of rhubarb and flavor with grated yellow rind of orange in place of lemon juice. If rhubarb is old, remove skin.

HOT APPLE DESSERT

6 apples
¼ cup seeded raisins
1 cup sugar
20 marshmallows

Pare, quarter and slice apples. Place in pudding dish, in layers with raisins and sugar, cover, bake until apples are tender. Remove cover, set marshmallows over top of apples, return to oven just long enough to heat the marshmallows and brown them slightly. Serve with or without cream.

COCOANUT PUDDING

1 cup grated cocoanut
1 cup bread crumbs
1 qt. hot milk
2 tablespoons melted butter
2 eggs, slightly beaten
4 tablespoons sugar
Little salt, grated rind of ½ lemon

Soak the crumbs in 1 cup of the milk and mash well. Soak the cocoanut in the rest of the hot milk for one hour. Mix all together with the rest of the ingredients. Place in pudding dish and bake in a moderate oven until well set and brown.

RICE PUDDING

No. 1

½ cup well washed rice
½ cup sugar
⅛ teaspoon salt
1 quart milk

Soak rice ½ hour. Bake 2 hours, slowly until the rice has softened and thickened the milk; then let it brown slightly. This is creamy and delicious, though often called "Poor Man's Pudding." Serve with milk and sugar or with strawberry jam.

No. 2

3 cups cooked rice
2 cups milk
⅛ teaspoon salt
⅓ cup sugar
1 tablespoon butter
1 egg (well beaten)
Grated rind of lemon
¼ cup raisins

Mix rice well with the rest of the ingredients. Bake 20 minutes in a buttered baking dish, with bread crumbs at the top and bottom. If desired, fruit may be added to the rice in layers.

BAKED INDIAN PUDDING

5 cups milk, scalded
⅓ cup yellow cornmeal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger or grated lemon rind

Pour milk slowly on the cornmeal, cook in double boiler 20 minutes, add molasses, salt and ginger or lemon rind as desired. Pour into buttered pudding dish and bake 2 hours in a slow oven. Serve with cream or butter.

FARINA PUDDING

1 pint milk
1 tablespoon butter
½ cup sugar
5 eggs
¼ cup farina
Cinnamon
Salt
Lemon rind

Cook milk, butter, sugar, farina, salt, for 5 minutes. When cool, add yolks of 5 eggs, cinnamon, lemon rind and whites of

eggs beaten very stiff. Bake about 20 minutes in a pudding dish and serve at once with any Pudding Sauce, pages 336 to 340.

BLACKBERRY ROLL

1½ qts. blackberries
1 cup sugar
Biscuit dough
2 tablespoons butter

Follow directions for Short Cake, page 73. Toss dough on board, roll ½ inch thick, spread with melted butter and strew ½ of the berries on top, cover with ½ of the sugar and cinnamon, if desired.

Fold dough over on one side and roll, put in large well greased pan, surrounded with the rest of the berries and sugar. Place in hot oven, bake 20 minutes or until crisp and well done. Cut in slices and serve warm with sauce in pan.

APPLE DUMPLINGS, BAKED

Biscuit dough
6 apples, peeled and cored
1 cup sugar
1 cup water

Follow directions for making Shortcake, page 73. Roll dough in 6-inch squares, place on each an apple and 1 tablespoon sugar, bring up corners, twist and pinch together and place side by side in a well greased pan. Pour over water and the remaining sugar and bake in a hot oven about 45 minutes or until crisp and well done. Serve hot with sauce in pan.

BLUEBERRY PUDDING

1 qt. blueberries
¼ cup flour
2 cups bread crumbs
1 qt. hot milk
¼ cup sugar
Few grains salt

Sprinkle flour over berries, let stand ½ hour. Pour milk over bread, add sugar, salt and the berries. Put into greased pudding dish, with bits of butter on top, bake 45 minutes in moderate oven. Serve with Hard Sauce, page 338.

CHERRY PUDDING

1 qt. hot milk
2 cups bread crumbs
3 tablespoons butter
4 eggs, slightly beaten
1½ cups sugar
1 qt. cherries, pitted

Pour the scalded milk over the bread crumbs, add a pinch of salt, mix with the rest of the ingredients, the cherries last. Bake until well set in a hot oven.

STRAWBERRY SHORTCAKE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
¾ cup milk
¼ to ½ cup butter
1 to 1½ qts. strawberries
Cream

Mix dry ingredients, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide in 2 parts. Pat, roll out and bake 12 minutes in hot oven in layer cake tins. Sweeten strawberries to taste. Crush slightly and put between and on top of short cake. Allow from 1 to 1½ boxes berries to each short cake. Serve with cream, plain or whipped.

DUTCH APPLE CAKE

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter
1 egg
About ⅔ cup milk
4 sour apples
2 tablespoons sugar
Little cinnamon

Mix and sift the dry ingredients, work in shortening with tips of fingers, or cut in with knives; add milk with the well beaten egg, gradually mixing with a knife. Dough must be soft enough to spread in a shallow baking pan. Have ready, pared, cored and cut in quarters, the apples and when dough has been spread in pan, press apples into dough in parallel rows. Sprinkle the apples with the sugar and cinnamon. Bake in hot oven about ½ hour. Serve hot with Lemon Sauce, page 336.

PEACH COBBLER

2 cups sliced peaches
1 egg
⅔ cup sugar
Baking powder biscuit crust

Beat egg lightly, add sugar and peaches and dot with butter; pour this mixture into buttered baking dish, cover with Baking Powder Biscuit Dough, page 73, and bake in a hot oven until brown. Serve with Hard Sauce, page 338.

Note—Rhubarb, diced, or cherries may be used in place of peaches.

ROLY POLY

Make a dough either of Plain Pie Crust, page 403, or Biscuit Dough, page 73. Roll out ½ inch thick. Spread with chopped apples, raisins, sugar and cinnamon, or with jam; roll. Place it into a small baking pan, spread the butter over all and add 2 cups of cold water and bake in a hot oven, basting often, with the sauce in the pan, until done. Serve hot.

GRANDMOTHER'S PUDDINGS

APPLE STRUDEL

1½ cups flour
¼ teaspoon salt
⅓ cup warm water
1 egg, slightly beaten
2 qts sour apples, cut fine
1 cup stoned raisins
1 teaspoon cinnamon
½ cup currants
½ cup butter, melted
¼ lb. almonds, chopped and blanched
1 cup sugar

Into a large mixing bowl, place the salt, flour and egg. Add the warm water, mix the dough quickly with a knife; then knead on board, stretching it up and down to make it elastic and until it leaves the board clean. Toss it on a well floured board, cover with a hot bowl and keep in warm place ½ hour, or longer so it will stretch easily. Lay the dough in the center of a well floured tablecloth on a large table, crush well with some of the melted butter; with hands under dough, palms down, pull and stretch the dough gently, and then gradually around the edges until it is as large as the table and thin as paper. Sprinkle apples, raisins, currants and, if desired, almonds, the sugar and cinnamon evenly over ¾ of the dough. Drip over all a few tablespoons of melted butter. Trim edges. Fold the dough over apples on one side, then hold cloth high with both hands and the strudel will roll itself over and over into a big roll, trim edges again. Then twist the roll to fit pan, (greased) or cut in two or three strips. Bake 1 hour in a hot oven 400° F. for ½ hour, then reduce to 350° F, until brown and crisp and brush with melted butter. If juicy small fruits or berries are used, sprinkle ½ cup bread or graham cracker crumbs over the stretched dough to absorb the juices. Serve slightly warm.

Note—In the spring of the year when apples are not at their best, add 1 cup fresh rhubarb, to 3 cups apples.

CHERRY STRUDEL

2 quarts cherries
1½ cups sugar
½ cup butter, melted
½ cup bread, cracker or sponge cake crumbs
Strudel dough

Follow recipe for dough in Apple Strudel above. Sprinkle crumbs over the stretched dough, then the cherries, pitted and drained, or use canned cherries, sprinkle with sugar, add melted butter, roll and bake as Apple Strudel above.

Broken Maraschino cherries may be bought, and when mixed with shredded pineapple can also be used as a filling for Strudel.

PINEAPPLE STRUDEL

1 can pineapple (in slices)
½ cup bread, cracker or sponge cake crumbs
½ cup melted butter
1 cup sugar
Strudel dough

Follow recipe for dough in Apple Strudel, opposite. Sprinkle crumbs over stretched dough, add pineapple, put through meat grinder, using coarse knife, spread over sugar and butter, roll and bake as Apple Strudel.

DRY STRUDEL

⅓ lb. walnuts, ground
⅓ lb. seedless raisins
⅓ lb. shredded cocoanut
¼ cup cracker crumbs
1 orange, juice
1 lemon, juice
½ cup melted butter
1 egg white
¾ cup sugar
½ cup preserves, drained
Or ½ cup citron, chopped
½ cup maraschino cherries, cut fine
Strudel Dough

Stir white of egg with cocoanut, prepare rest of the ingredients. Stretch Strudel Dough over tablecloth, brush with melted butter and sprinkle with the cracker crumbs, add nuts, raisins, mixed with the lemon and orange juice, then all the rest. Drip melted butter over all. Roll up quickly, place in pan and bake as Apple Strudel, opposite.

RAHM STRUDEL

1 qt. thick, sour milk
2 cups granulated sugar
1 cup grated bread crumbs
1 cup chopped almonds
1 cup raisins
1 teaspoon cinnamon

Make Strudel Dough, opposite, drip sour milk on it lightly, with a large spoon, put bread crumbs over milk, now add other ingredients, roll and put in well buttered pan, put small pieces of butter over top, basting frequently. Serve warm with Vanilla Sauce, page 336.

CABBAGE STRUDEL

1 medium sized cabbage
2 cups granualted sugar
½ cup chopped almonds
½ cup goose oil
1 cup raisins and currants mixed
1 teaspoon cinnamon

Heat the goose fat, add the cabbage and let it simmer till done, stirring constantly to keep from burning. While cooling, pre-

pare Strudel Dough, page 346, fill with cabbage and other ingredients, roll and drip the oil over top or put little pieces of butter on top; bake in hot oven and baste frequently. Butter pans generously, and serve hot.

NOODLE PUDDING

No. 1

Fine noodles, with 4 eggs
4 eggs
1 cup powdered sugar
2 tablespoons grated almonds

Make fine noodles, page 118, using 4 times the quantities. Boil in salted, boiling water 10 minutes. Place in colander, pour cold water over them and drain.

Separate the eggs, beat the yolks light with the sugar, add the salt, almonds and drained noodles and lastly, stiffly beaten whites. Pour into a well greased pudding dish, set in a kettle half filled with boiling water and boil ½ hour.

No. 2

Broad noodles with 3 eggs
2 tablespoons fat or butter
3 yolks
1 cup sugar
1½ teaspoons cinnamon
2 apples, sliced
¼ cup dried currants
½ cup chopped nuts
3 beaten whites

Follow recipe for Noodles, page 118, using 3 eggs and salt and flour in proportion. Cut noodles ½ inch wide. Boil in salt water (1 teaspoon salt to 1 qt. water), 5 minutes and drain in colander. Heat fat or butter in a spider, add the noodles and cook just long enough to absorb the fat. Add the beaten yolks, sugar and the rest of the ingredients in the order given. Place in well greased pudding dish and bake ½ hour in a moderate oven. Serve in the baking form, plain or with Jelly or White Grape Juice Sauce, pages 336, 337.

No. 3

Noodles with 3 eggs
2 tablespoons fat or butter
1½ cup walnuts, grated
1 cup sugar
1 tablespoon cinnamon
1 lb. plum butter

Follow direction for making Noodles, page 118, using 3 eggs and salt and flour in proportion, cutting noodles ¼ by 3 inches. Cook in boiling, salt water, (1 teaspoon salt to 1 qt. water) 5 minutes and drain through colander. Heat the fat in spider, add the noodles and cook only long enough to absorb the fat. Mix 1¼ cups of the walnuts with the sugar and cinnamon.

Into a well greased baking dish place ½ of the noodles; spread the plum butter, thinned with hot water, over this, sprinkle with ½ of the nut mixture. Add the rest of the noodles, sprinkle with the rest of the nut mixture. Bake ½ hour in a moderate oven. Remove from form, strew with the remaining nut meats and serve hot.

DAMPF NOODLES

Kuchen Dough
½ lb. stewed prunes
¼ cup butter

Make Kuchen Dough, No. 1, page 417. Let rise. Toss on floured board, and mould into small, thick noodles or biscuits; place them in a closely covered kettle, with plenty butter at the bottom and not too close together. Let rise in a warm place and then pour over a cup of cold water, milk or prune juice, cover and place in a moderately hot oven and let cook until you hear it fry and the steam or water has all evaporated. The noodles will then be brown on the bottom. Remove the cover and let them brown on the top.

Serve with Caramel Sauce, page 339, stewed prunes, page 334, or any other dried fruit sauce.

HUTZLE OR SNITZ KLOES

No. 1

½ loaf stale bread, grated
½ lb. suet, chopped fine
¾ cup brown sugar
2 eggs
½ teaspoon cinnamon
Pinch of salt
¼ tablespoon flour
2 teaspoons baking powder

Roll mixture in a ball and place on plate in kettle. Take 1 pound dried pears which have been soaked over night, then boil with sugar, cinnamon until tender as Prunes, page 334. Put pears with the juice, around pudding, and boil 3 hours, covered. Serve hot.

No. 2

1 lb. dried pears, or
Fresh pears, peeled, quartered
2½ cups flour
1 cup suet, chopped
2 teaspoons baking powder
½ teaspoon salt
Cold water to make dough

Cook spiced dried pears, page 335. Mix and sift flour and baking powder, add salt, suet and cold water to knead. Roll out thin and sprinkle with raisins, cinnamon and sugar. Roll up like

jelly roll and twist into a flat ball. Put in greased roasting pan, pour pears and juice over it, baste with pear juice, bake in moderate oven until done.

KUGEL

5 wheat bread rolls
¾ lb. raw suet
½ cup brown sugar
1 tablespoon molasses
1 teaspoon cinnamon
1 grated lemon rind
1 tablespoon water
Salt
½ lb. prunes, stewed

Soak the bread rolls in water, then press quite dry. Mix well with suet, sugar, molasses, cinnamon and lemon rind, 1 tablespoon of water, a pinch of salt. Line an iron pot with alternate layers of above dough, and stewed and stoned prunes. Bake 2 hours; baste often with prune juice.

RICE KUGEL

1 cup rice
4 cups boiling water
1 teaspoon salt
4 eggs, beaten
¼ cup sugar
¼ lb. Sultana raisins
¼ cup fat, (chicken, goose or butter)

Cook the rice in the boiling, salted water 30 minutes or until nearly done. Mix with the rest of the ingredients and place in well greased pudding dish and bake until top of Kugel is quite brown.

NOODLE KUGEL

3 cups noodles, ½ inch wide
4 eggs, salt and pepper
(¾ cup fat, chicken, goose or butter)

Cook Noodles, page 118, in salted, boiling water 10 minutes. Drain and add the fat and the eggs, well beaten. Place in a well greased pudding dish and bake in a hot oven until top of Kugel is well browned. Serve hot with Raspberry Jelly.

DIMPES DAMPES

½ cup sugar
¼ teaspoon salt
1 pint flour
1 pint milk
1 cup butter (scant)
1 qt. apples, sliced

Mix sugar, salt and flour and gradually add the milk to make a smoother batter.

Melt 1 cup or a little less of butter in a large, shallow dripping pan and let it spread all over the pan to grease it well, then pour

the remaining butter and the apples to the batter. Mix and pour into pan or pans not more than ¾ inch deep and bake in a moderate oven 30 to 45 minutes until a golden brown.

APPLE CHARLOTTE

2 qts. apples, diced
1 cup sugar
1 teaspoons cinnamon
1 cup seeded raisins
½ cup currants
1 lemon rind and juice
¼ cup of white grape juice

Line a well greased pudding dish with Muerbe Teig, page 404, ½ inch thick, fill with chopped apples, sugar, almonds, grape juice, raisins, lemon juice and rind. Cover with Muerbe Teig ¼ inch thick and bake 30 to 60 minutes in hot oven.

AUF-LAUF

No. 1

1 tablespoon butter
¼ cup brown sugar
4 apples

Butter pudding dish. Sprinkle with brown sugar. Peel and slice apples; place in bottom of pudding dish in layers, until dish is about ⅓ full. Bake until partially soft. Then remove dish from oven, cover apples with following sponge cake dough:

½ cup sugar
2 eggs, separated
1½ tablespoons cold water
½ cup flour
½ teaspoon baking powder
½ teaspoon vanilla
Almonds, blanched

Cream yolks and sugar, add water, flour mixed and sifted with baking powder, vanilla, almonds and lastly, beaten whites. Bake ½ hour. Serve hot with any desired sauce.

No. 2

Stale cake or macaroons
Apples, peaches or pears
Sugar
6 tablespoons sugar
6 eggs
Almonds

Line a pudding dish with any stale cake or with macaroons if preferred. Cover this with fruit, pared and sliced, add sugar to taste, and put on the back of the stove to heat. Cover with sponge made of 6 yolks, 6 tablespoons sugar, 6 whites beaten to froth, and some chopped almonds. Bake quickly. Serve hot.

MATZOS CHARLOTTE

1½ matzos (unleavened bread)
1 tablespoon goose fat
A pinch salt
4 yolks, beaten
½ cup sugar
½ lemon, juice and rind
4 whites, beaten

Soak the matzos and press dry. Place in mixing bowl and stir with the goose fat until very light, add beaten yolks and the other ingredients, the beaten whites last; pour into a well greased pudding dish and bake about ½ hour. Must be placed in oven immediately after mixed and serve when done or it will fall. Serve with Jelly Sauce, page 336.

MATZOS CHARLOTTE WITH APPLES

2 matzos
¼ lb. suet, chopped fine
2 cups apples, sliced fine
¼ cup sugar
3 yolks, beaten
2 tablespoons raisins, seeded
1 tablespoon almonds blanched and grated
¼ teaspoon cinnamon
3 whites of eggs, beaten stiff

Soak matzos in water and press out dry; add the rest of the ingredients, mix thoroughly, fold in the beaten whites last. Bake about 1 hour in moderate oven.

MATZOS PUDDING

2 cups apples, grated
4 yolks, beaten
⅔ cup powdered sugar
½ lemon rind
½ cup matzos meal
4 whites, beaten

Stir sugar with the beaten yolks, add the apples, grated lemon rind and the meal and lastly the beaten whites. Bake in spring form. Sprinkle 4 tablespoons almonds, blanched, and cut fine on top and bake in moderate oven.

MATZOS CRIMSEL

No. 1

2 matzos
½ tablespoon salt
3 eggs
½ cup sugar

Soak matzos in water and press quite dry. Mix in the rest of the ingredients and stir well. Drop from tablespoon in hot, deep fat and fry slowly until browned on both sides. Serve warm with stewed cherries or prunes.

No. 2

3 matzos, soaked and squeezed dry
2 tablespoons seeded raisins chopped
2 tablespoons chopped almonds
3 yolks of eggs
¾ cup sugar
⅛ teaspoon salt
1 lemon, grated rind
1 tablespoon lemon juice
3 whites, beaten

Mix in the order given and drop from tablespoon in deep, hot fat. Serve hot with stewed prunes flavored with orange juice.

MATZOS CRIMSEL—FILLED

1½ matzos
1 tablespoon goose fat
¼ cup matzos meal
2 eggs
⅛ teaspoon salt
2 tablespoons sugar
Stewed prunes, stoned

Soak the matzos and press dry; heat the fat, add matzos, to dry a little more, add matzos meal, eggs, sugar and salt. Mix well and let stand 2 hours, and form into oblong cakes. Place a prune in the center of each cake and form into egg shaped balls.

Dip balls in beaten egg and fry in deep, hot goose fat until brown and thoroughly done. Serve hot with Jelly Sauce, page 336.

POTATO PUDDING FOR PESACH

4 yolks, beaten
½ cup sugar
2 tablespoons almonds blanched and grated
½ lemon juice and rind
¼ lb. cold, boiled potatoes grated
¼ teaspoon salt
4 whites of eggs beaten stiff

Add sugar to the beaten yolks and stir well, add almonds, lemon rind and juice, then the grated potatoes and salt, and lastly the whites of the eggs. Place in well greased pudding dish and bake ½ hour, setting the dish in a pan half filled with boiling water. Serve on platter with Chocolate Sauce, page 338.

STEAMED PUDDINGS

GENERAL RULES FOR STEAMING

See that the water is boiling in the kettle or steamer when the food is ready for cooking. Keep the water boiling constantly. Refill when necessary with boiling water. Do not jar the kettle.

A mould or tightly covered tin can may be used; it should be thoroughly greased, and if it has no cover, a strong piece of glazed paper may be tied over the top; this should also be greased. It should be put into a steamer over boiling water, or on a rack in a kettle of boiling water.

SUET PUDDING

1 cup suet, chopped fine
1 cup molasses
1 cup bread crumbs
½ cup sweet or sour milk
1½ cups flour
1 teaspoon cinnamon
1 teaspoon salt
1 teaspoon soda
1 cup raisins, seeded currants, or any preserved fruit

Add soda to milk, and mix well with the other ingredients. Turn into well greased pudding mould, cups, or baking powder cans. Cover closely with greased paper or the fitted covers. Tie down the covers. Put into a kettle of boiling water on a rack or trivet; the water should half cover the cups. Cover kettle and steam 3 hours, if in a mould or 1 hour if in cups. Turn out of moulds and serve on hot dish with any pudding sauce.

WHOLE-WHEAT PUDDING

2 cups whole wheat flour
½ teaspoon soda
½ teaspoon salt
1 cup milk
½ cup molasses
1 cup stoned and chopped raisins or dates
Or 1 cup ripe berries

Mix ingredients in order given. Steam 2½ hours and serve with whipped cream or any plain pudding sauce.

One cup of figs, stewed prunes or chopped apples or raisins makes a pleasing variety.

OATMEAL DATE PUDDING

½ lb. dates, chopped
1 cup rolled oats
2 eggs
½ cup molasses
⅔ cup water
½ teaspoon soda
¼ teaspoon salt
½ lemon juice

Mix and steam in buttered mould 3 hours. Serve with any desired pudding sauce, pages 336 to 340.

CHERRY ROLL, STEAMED

1 qt. cherries, stoned
1 cup sugar
Biscuit dough
2 tablespoons butter

Roll Biscuit Dough, page 73, in oblong sheet, ½ inch thick, spread lightly with butter or oil, and place cherries evenly over the dough, sprinkle well with sugar, and if desired, add little cinnamon. Roll up, wet edges and pinch together. Take salt bag or other cloth, large enough to allow dough to swell, scald and then flour well on inside. Slip in roll, place in steamer and steam 1½ hours. Slip out of bag to platter. Serve in slices with Hard Sauce, page 338.

CHERRY POT PIE

1½ qts. cherries
1 cup sugar
1 cup water
Biscuit Dough

Stone the cherries and cook with the water and sugar. Make Biscuit Dough, page 73, roll ¼ inch thick and cut into small rounds. Place cherries in pudding dish, lay biscuits on top, steam 35 minutes. Serve with lemon or Vanilla Sauce, page 336.

RAISIN PUFF, STEAMED

2 eggs, beaten
½ cup sugar
3 tablespoons melted butter
½ cup milk
1 cup flour
2 teaspoons baking powder
½ cup chopped raisins

Mix in the order given. Drop into small greased cups and let steam 35 minutes. Serve with Lemon or Vanilla Sauce, page 336, or with sweetened cream.

FIG PUDDING

½ lb. dried figs, chopped fine
1 cup beef suet, chopped fine
2⅓ cups stale bread crumbs
½ cup milk
2 eggs
1 cup sugar
¾ teaspoon salt

Chop suet, and work until creamy, then add figs. Soak bread in the milk, add egg well beaten, sugar and salt. Combine the two mixtures, place in buttered mould or in top of double boiler, buttered; and steam 3 hours.

DATE PUDDING

1 lb. stoned dates
½ cup sugar
1 teaspoon ginger
1 scant teaspoon salt
½ cup milk
½ lb. suet
1 cup flour
1 teaspoon cinnamon
2 eggs
1 cup soft bread crumbs

Pass dates and suet together through a food chopper or grinder. Mix all ingredients well together, adding the well beaten eggs last. Turn into well buttered moulds, and steam 2 hours. To serve decorate with holly, and surround with Hard Sauce, page 338. Figs, stoned raisins, currants, candied peel, prunes or nuts, alone or in combination, may replace dates.

STEAMED FRUIT PUDDING

3 cups flour
3 teaspoons baking powder
½ teaspoon salt
1 cup suet, chopped fine
1 cup milk
1 cup molasses
1 teaspoon soda
½ cup currants
½ cup raisins
1 teaspoon mixed spices

Mix dry ingredients together and add suet, mixing thoroughly. Lastly add the liquid. Put in moulds and steam 3 hours. Serve with Vanilla Sauce, page 336.

ENGLISH PLUM PUDDING

1 cup flour
1 lb. seeded raisins
¼ lb. citron, orange and lemon peel, cut fine
¼ lb. seedless raisins
½ cup chopped almonds
½ lb. bread crumbs
½ cup sugar
1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground allspice
½ teaspoon ground cloves
1 teaspoon salt
1 cup suet, chopped fine
1 cup molasses
3 eggs, beaten
1 cup pickled peach syrup or other fruit juice

Sift flour over fruit and nuts and mix well. Mix rest of dry ingredients, add suet, work in evenly, then the eggs, molasses and fruit juice and then the floured fruit. Pour into buttered moulds ⅔ full and cover. Place in Steamer and steam slowly and steadily from 4 to 8 hours, according to the size of mould. Good warmed over. When ready to serve, steam ½ hour or more. Serve with Hard Sauce, page 338 or White Grape Juice Sauce, page 337.

Make-Shift Steamer for Plum Puddings—Put brick in bottom of boiler. Put slats across and stack in pudding cans. Add boiling water to cover bricks. Cover tightly and steam gently.

CHOCOLATE PUDDING

No. 1

1 egg
1 cup sugar
1 square chocolate, melted, or 3 tablespoons cocoa
½ cup milk
2 teaspoons melted butter
1 cup flour
4 teaspoons baking powder

Mix ingredients and steam one hour. Serve with Vanilla Sauce, page 336.

No. 2

6 eggs
1 cup sugar
1 cup chocolate, grated
2 tablespoon bread crumbs
1 teaspoon baking powder
Vanilla, cinnamon and cloves

Beat together yolks and sugar, add other ingredients, then beaten whites of eggs. Boil 1½ hours in airtight pudding form. Serve hot with Hard Sauce, page 338, or Vanilla Sauce, page 336.

No. 3

10 eggs, separated
1½ cups sugar
¾ cup grated chocolate
¾ cup grated almonds
½ cup flour
2 teaspoons cinnamon
½ teaspoon cloves

Beat yolks until very light, add sugar and beat again, add chocolate, spices, almonds and flour, stir well, then gradually add some of the stiffly beaten whites of eggs and then fold in the rest. Place in buttered pudding mould, tightly cover, and boil 2 hours. Serve hot with sweetened cream flavored with vanilla.

No. 1 STEAMED CARAMEL PUDDING

6 tablespoons sugar
1 tablespoon flour
3 oz. ground almonds
1 cup hot milk
¼ cup butter
6 eggs

Melt the sugar in a spider until light brown. Add milk very gradually, stirring all the time. Cool, then add butter, flour, almonds, the yolks of eggs well beaten, and lastly the whites that have been beaten stiff. Butter the form, cover butter with a little more sugar. Steam 1 hour. Serve with whipped cream.

No. 2

1 cup brown sugar
1 pint cream
1 doz. lady fingers (grated)
5 eggs

Melt sugar, add cream, then grated lady fingers. Beat yolks of eggs, add to above then, lastly, stiffly beaten whites. Put in mold tightly covered, place in kettle of water and steam two hours. Serve hot with Caramel Sauce, page 339.

STEAMED PRUNE PUDDING

32 prunes
¾ cup sugar
5 whites of eggs

Soak prunes over night. Boil until tender, stone and mash through a strainer. Add sugar to whites of eggs beaten stiff. Mix all ingredients. Pour into mould previously greased with butter. Cover and place in kettle filled with 3 inches of water. Let steam for 1 hour. Serve hot with whipped cream or custard sauce if desired.

CHOCOLATE SOUFFLE

No. 1

½ cup milk
2 tablespoons flour
1 tablespoon butter
2 eggs, beaten separately
1 oz. chocolate (square)
3 tablespoons sugar
2 tablespoons water

Heat the butter, add the flour, then the milk and cook until smooth. Add the water and sugar to the chocolate, heat and when chocolate is shiny, mix it with the milk sauce. Cool, stir in the yolks, fold in the whites. Bake in a greased pudding dish, set in a pan of hot water and bake in moderate oven 20 minutes.

No. 2

6 egg yolks
1 cup grated chocolate
1 cup sugar
6 egg whites, beaten

Beat yolks and sugar until lemon-colored. Add chocolate. Fold in stiffly beaten whites. Bake in a greased pudding dish, set in a pan of hot water, about 15 to 20 minutes in a moderate oven.

NOTE—Lemon Souffle—Follow recipe above. In place of chocolate, take 1 large lemon, grated rind and juice, and bake over hot water in slow oven 35 to 40 minutes.

Walnut Souffle—Follow recipe for Chocolate Souffle, but in place of the chocolate, take 1 cup finely-ground walnut meats.

ORANGE SOUFFLE

¼ cup milk
2 tablespoons flour
2 tablespoons butter
2 eggs, beaten separately
¼ cup orange juice
¼ cup sugar
1 tablespoon lemon juice

Heat the butter, add flour and then the milk and cook until smooth. Add sugar to the fruit juices. Combine the two mixtures, cool, add yolks, then beaten whites and bake as above.

MACAROON SOUFFLE

1 doz. macaroons
1 cup milk
3 eggs
French fruit, chopped fine
Whipped cream

Scald the macaroons in the milk, pour over the beaten yolks of eggs and cook over hot water until thickened slightly; fold in the whites of eggs beaten stiff, and bake in a buttered mould, set in a pan of hot water about 20 minutes. Turn from the mould, sprinkle top with the fruit and surround with the whipped cream.

CHESTNUT SOUFFLE

½ cup sugar
2 tablespoons flour
1 cup chestnut vegetable
½ cup milk
Whites of 3 eggs

Boil chestnuts, page 210; drain and rice or mash. Mix sugar and flour, add chestnuts and milk gradually, cook 5 minutes, stirring constantly; beat whites of eggs until stiff and cut and fold into the mixture. Turn into buttered and sugared individual moulds, having them ¾ full. Set mould in hot water and bake in slow oven until firm. Serve with Vanilla Sauce, page 336.

COLD PUDDINGS

CUSTARDS

GENERAL RULES FOR CUSTARDS

Eggs should be slightly beaten and thoroughly mixed with sugar and salt; add the hot milk slowly, stirring all the time. Custards must be cooked over moderate heat—over water in the oven if baked, or in a double boiler if steamed. When thick enough, the custard coats on the spoon. It curdles if cooked a minute too long. If it curdles, put it with the dish over a pan of cold water immediately and beat until smooth. Use the yolks instead of the whole eggs to make a soft custard. Brown sugar may be used in place of white.

CUP OR BAKED CUSTARD

1 pt. milk
2 eggs
4 tablespoons sugar
Pinch salt

Beat eggs slightly, add salt and sugar and stir until the sugar dissolves and pour the milk into the beaten eggs. If desired a little nutmeg or ½ teaspoon flavoring may be added. Pour into

buttered cups or a pudding dish, place the cups in a pan of hot water, put the pan in the oven and bake until the custards are firm in the center—20 to 30 minutes. Try with a knife. If the knife comes out clean the custard is done.

BOILED CUSTARD

No. 1

2 cups hot milk
Yolks of 3 eggs
¼ cup sugar
½ teaspoon vanilla

Beat eggs slightly, add sugar and a few grains of salt. Stir the milk in gradually. Place in double boiler, stir constantly until the mixture thickens and coats the spoon. Strain, cool and add vanilla. Use 1 tablespoon cornstarch or flour for each egg omitted, mixing it with the sugar before adding milk.

No. 2

1 pt. milk, scalded
4 tablespoons sugar
1 tablespoon cornstarch
¼ teaspoon salt
½ teaspoon flavoring
1 egg or 2 yolks

Mix sugar, cornstarch and salt; add egg slightly beaten. Add scalded milk, stirring constantly. Cook in double boiler until it thickens and coats the spoon. Strain, cool and flavor.

CHOCOLATE CUSTARD

Follow above recipe, melting ½ oz. chocolate with the milk.

COFFEE CUSTARD

3 tablespoons coffee grounds
2 cups very hot milk
3 eggs, beaten slightly
4 tablespoons sugar
¼ teaspoon vanilla

Pour milk over coffee, let stand 5 minutes, strain. Stir eggs with sugar, add the rest.

Mix and strain into small cups and place cups in a shallow pan. Put boiling hot water into the pan until it reaches half way up to the cups. Set into a moderate oven and cook very gently until the custard is firm. Serve ice cold with little cakes.

VANILLA SUGAR FOR FLAVORING

Cut fresh vanilla bean into inch pieces. Place in small jar of powdered sugar and use in place of vanilla extract in ice cream or cake. Or scald the vanilla bean with milk, strain and cool before using.

CARAMEL SYRUP FOR FLAVORING

1 cup sugar
1 cup boiling water

Place sugar in iron spider on hot stove, until sugar melts to a light brown liquid. Lift the pan from the fire occasionally, to

prevent burning. Add very carefully and gradually the boiling water as the mixture steams up. Let simmer 5 to 10 minutes. Cool before serving. For a thicker syrup use ½ cup water.

When cooled pour in jar or bottle and use for flavoring custards, cakes, etc., or to color soups or sauces.

CARAMEL CUSTARD

4 cups scalded milk
5 eggs
½ teaspoon salt
1 teaspoon vanilla
½ cup sugar

Put sugar in a spider on stove, stir constantly until melted to a light brown syrup. Add 1 cup milk very gradually, being careful that milk does not bubble up and over. As soon as sugar is melted add rest of milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake over boiling water 20 to 30 minutes until firm. Chill and serve with a Caramel Sauce, page 339.

FLOATING ISLAND

1 qt. milk
3 eggs
½ cup sugar
½ teaspoon salt
¼ teaspoon spice or
½ teaspoon flavoring
1 tablespoon cornstarch

Heat the milk. Separate the eggs. Mix salt, sugar and cornstarch, add to yolks, beaten slightly. Beat the whites until very stiff, add 2 teaspoon sugar, beat slightly and spread mixture on top of the hot milk. Let cook 2 or 3 minutes until firm, lift out on a plate and set aside. Pour the hot milk on the beaten yolks. Put this mixture into a double boiler and stir and cook until it thickens. When nearly cool stir in flavoring, put in a glass pudding dish over slices of oranges or bananas, peeled. Put cooked whites on the top and serve cold. Place specks of jelly on the whites.

COCOANUT CUSTARD

1 pint milk
½ cup sugar
3 eggs, separated
½ cup cream
½ cup powdered sugar
¾ cup cocoanut

Heat milk with sugar, and when steaming stir into the yolks of the eggs beaten light, and a few grains of salt; remove from the fire, and while warm add cream. Beat until smoother and partly cool, pour into a serving dish, beat the whites of the eggs with the powdered sugar and cocoanut, spread upon the top of custard, and brown lightly in the oven.

TAPIOCA CREAM

⅓ cup pearl or 1½ tablespoon quick cooking tapioca
1 pint milk
Yolks of 2 eggs
A speck of salt
Whites of 2 eggs
½ teaspoon vanilla
⅓ cup sugar

Pick over the tapioca, put it in the top of a double boiler and cover with boiling water. Add the milk as soon as the water is absorbed, and cook until the tapioca is soft and clear. Beat the yolks of the eggs, add the salt and sugar and the hot milk mixture and cook until it thickens like soft custard. Remove from the fire, fold in the whites of the eggs beaten stiff. Flavor when cold. The whites may be mixed with 2 tablespoons powdered sugar, put on top of pudding, and browned in oven a few minutes.

APPLE TAPIOCA

¾ cup tapioca
Cold water
2½ cups boiling water
½ teaspoon salt
7 sour apples
2 tablespoons butter
½ cup sugar

Soak tapioca 1 hour in cold water to cover; drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, add bits of butter and bake in moderate oven until apples are soft. Serve with sugar and cream.

Quick cooking tapioca requires no soaking.

COFFEE TAPIOCA

4 cups hot, strong coffee
½ cup tapioca
½ cup sugar

Place all in saucepan, let cook 15 minutes or until soft and clear. Pour into custard cups. Serve cold with sweetened and flavored whipped cream.

BLANC-MANGE

⅓ cup Irish moss
1 quart milk
¼ cup sugar
¼ teaspoon salt
1½ teaspoons vanilla, or other flavoring

Soak moss in cold water to cover. Let stand 15 minutes, drain and pick over. Put milk in double boiler, add moss, let cook 30 minutes. Add salt, strain; add sugar and flavoring; stir and strain again into individual moulds that have been dipped in cold water. Chill and turn on serving plate, and serve with cream and sugar or sliced bananas.

CHOCOLATE BLANC-MANGE

Blanc-Mange
1½ oz. bitter chocolate
⅓ cup boiling water

Follow directions for Blanc-Mange, recipe above. Melt chocolate over boiling water; when dissolved add ⅓ cup boiling water and stir until smooth, and add to the milk just before taking from fire. Serve with sugar and cream.

JUNKET CUSTARD

2 cups lukewarm milk
½ tablespoon vanilla
¼ cup sugar
1 junket tablet

Heat milk until lukewarm, add sugar and flavoring, when dissolved add the junket tablet, dissolved in a tablespoon of cold water. Stir it quickly for a moment, pour at once into a small mould, let stand at room temperature 15 minutes, or until firm. Remove carefully to a cold place and leave until time to serve, sprinkle with grated nutmeg. Put 1 dry macaroon in each mould before adding custard, if desired.

CHOCOLATE JUNKET

1 pt. milk
½ cup sugar
1 junket tablet
1 square chocolate or ⅔ cup cocoa

Melt chocolate or cocoa in ½ cup milk and boil 1 minute. Remove from fire, add rest of milk and sugar. Heat until lukewarm and add junket tablet dissolved in tablespoon of cold water. Stir quickly and pour into serving dishes and let stand at room temperature for 15 minutes or until firm. Add whipped cream before serving.

RASPBERRY JUNKET

1 package raspberry junket powder
1 pint milk
½ cup of cream
Fresh raspberries or raspberry jam

Heat milk only until lukewarm, add junket powder, crush any lumps, stir one minute until dissolved. Pour into four to six sherbet glasses. Let stand undistrubed in warm room for 20 minutes until firm. Remove to cool place without jarring. Serve with sweetened whipped cream and top with fresh raspberries or raspberry jam.

CLABBERED OR SOUR MILK DESSERT

Let fresh milk sour, page 50, without heating it. Pour into cups. Drain off the whey carefully and the curd assumes a custard like consistency and takes the shape of the mold. When

sufficiently firm, the cheese is chilled, and eaten with sweet cream and sugar, or with crushed and sweetened currants, or strawberries.

LEMON CREAMS

3 lemons
2 yolks of eggs
4 whites of eggs
1 pt. cold water
Powder sugar

Grate the rind of the lemons, squeeze the juice over it, let stand about 4 hours, add eggs, yolks and whites well beaten, separately, and the water, sweeten to taste. Place in double boiler, let cook until thick and smooth, place in serving dish over slices of stale cake and serve when cold.

CHOCOLATE CORNSTARCH PUDDING

1 oz. bitter chocolate
½ cup sugar
2 cups milk
¼ cup cornstarch

Melt chocolate in double boiler, and add gradually the sugar and milk. Heat to boiling point and add cornstarch wet with little cold water to pour easily. Cook over hot water for 20 minutes, mould and chill. Serve with milk or cream.

PINEAPPLE CORNSTARCH PUDDING

1 cup water
1 cup pineapple juice
¼ cup cornstarch
⅛ teaspoon salt
Sugar to taste
Whites of 3 eggs

Boil water and fruit juice together, wet cornstarch in a little cold water to pour easily and stir into the boiling syrup. Cook 20 minutes, add the salt and sugar, remove from fire, cool slightly, and add whites of eggs beaten until stiff. Pour into serving dish, and when cold serve with boiled custard.

PINEAPPLE PUDDING

1 cup pineapple juice
1 cup water
1 lemon, juice
½ cup sugar
2 tablespoons cornstarch
2 eggs, separated
1 cup pineapple cubes
Whipped cream

Mix sugar and cornstarch, place in double boiler, stir in pineapple juice, water and lemon and cook until smooth. Pour onto the beaten yolks, fold in the beaten whites, and then the pineapple cubes. Pour into a buttered baking dish, set in a slow oven and bake 20 minutes. When cool top with whipped cream and serve.

ROTHE GRUETZE

1 qt. red raspberries
1 qt. red currants
4 cups cold water
1½ cups sugar
⅓ cup cornstarch dissolved in cold water

Boil berries and water; strain and add sugar. Let boil and add cornstarch dissolved in cold water, when thick put in a form and serve cold with cream.

FRUIT DESSERT

1 pint raspberries
1 cup white grape juice
6 eggs
1 lb. macaroons
½ cup sugar

Sweeten the raspberries and set aside. Beat the yolks of 6 eggs until light, add sugar, stir in the grape juice, gradually, place in double boiler, cook a few minutes, stirring constantly until it coats the spoon, set aside to cool. Place in dish a layer of macaroons, raspberries and custard alternately, until dish is full. Cover with stiffly beaten whites of eggs. Brown slightly in oven.

PRUNE PUDDING

½ lb. prunes
1 cup cold water
1 cup syrup or sugar
Rind, ½ lemon
1 inch stick cinnamon
1¾ cups boiling water
⅓ cup cornstarch

Pick over and wash prunes, then soak over night in cold water, boil until soft; remove stones, add syrup, lemon juice, rind, cinnamon and boiling water, and simmer 15 minutes. Mix cornstarch with enough cold water to pour easily, add to cooked prune mixture and cook 5 minutes. Remove cinnamon stick. Place in mould and chill. Serve with plain or whipped cream.

PEACH SNOW

1 qt. can peaches
2 tablespoons cornstarch
2 whites of eggs, beaten stiff
½ cup cream

Stir the cornstarch to a smooth paste with a little cold water. Drain syrup from peaches, stir in the cornstarch paste and cook until smooth and clear, add the peaches, strained to a pulp and let cool, add the beaten whites, then carefully fold in the cream beaten to a stiff froth. Pour into a mould, set aside until firm and cold.

ENGLISH FRESH FRUIT PUDDING

7 or 8 slices of bread
1 qt. strawberries
Sugar to taste
2 tablespoons butter
¼ teaspoon salt

Remove the crusts from the bread and butter one side. Grease a round bottomed bowl and line with buttered bread. Crush the berries with the sugar and pour into the bowl. Cover with bread and on top place a tight fitting plate. Press with an iron and place in the ice box for 24 hours. The bread will absorb the juice and the pudding may be taken out as a mould. Serve with cream.

RICE WITH APPLES OR PINEAPPLE

½ cup rice
3 eggs
½ cup sugar
2 apples (steamed)
½ cup milk

Pare and core the apples, cut in eighths and cook until soft. Steam the rice, page 38, add well beaten yolks of eggs, sugar and cooked apples. Fold in the stiffly beaten whites and bake 30 minutes in well-buttered baking dish. Serve with cream.

FIG AND PIEPLANT DESSERT

¼ lb. dried figs
Rhubarb
Stale bread or cake
Whites of 2 eggs
Sugar

Cut figs in small pieces and stew until partly soft; add twice their bulk of pieplant cut into small pieces. Put these into a baking dish lined with thin slices of stale cake, add sugar to taste and bake slowly, covered. A meringue made of the whites of eggs and sugar may be added, and slightly browned.

BAKED APPLES (STUFFED)

1 cup sugar
6 apples
1½ cups water

Peel apples ⅓ way down on stem end, place in baking dish with cover. Pour over them a syrup made by boiling sugar and water 5 minutes. Cover tightly, place in medium hot oven or over low gas flame, and baste occasionally until tender, but still whole. Remove cover, place 1 teaspoon sugar in each cavity, sprinkle sugar over peeled surface. Place under flame or on top shelf of hot oven until delicately glazed, basting several times. If desired fill centers with fresh banana, or orange cut in cubes,

or with dates or raisins before baking, and top with a little whipped cream. Decorate with a bit of candied cherry with 2 leaves cut from a bit of angelica, or with chopped nuts.

No. 1 APPLE DESSERT

10 large apples (greenings)
5 yolks of eggs
¾ cup sugar
25 chopped almonds
¼ cup currants
1 teaspoon vanilla
⅛ teaspoon cinnamon
5 whites of eggs

Chop the apples. Separate the eggs, beat the yolks until light with sugar, add the chopped apples, then the rest of the ingredients, the beaten whites last.

Place in spring form and bake in moderate oven until well set and serve with cream.

No. 2—Torte

1 cup lady fingers or sponge cake crumbs
4 eggs, separated
¾ cup sugar
Juice of 1 lemon
3 apples, grated
¼ cup chopped almonds

Beat yolks of eggs well with sugar, add apples, crumbs, lemon juice and lastly fold in the beaten whites of eggs. Turn into spring form, sprinkle almonds on top, pressing them into the mixture with back of spoon. Bake in medium oven 20 to 25 minutes, leave on bottom of cake tin and serve as a dessert with cream.

No. 3—Snowballs

6 apples
1 cup sugar
1½ cups water
20 marshmallows
Shredded cocoanut
Lemon juice

Pare and core apples and put a marshmallow in center of each. Cook in syrup made of sugar, water, lemon juice and 14 marshmallows. Keep whole as much as possible. Remove from syrup, cool slightly and roll in shredded cocoanut.

PINEAPPLE FLUFF

1 pint double cream
1 lb. marshmallows, quartered
1 pt. preserved pineapple

Mix pineapple and marshmallows, let stand over night. Whip the cream until very stiff and then beat all together very thoroughly, and serve very cold.

ALMOND DESSERT

8 eggs, separated
1½ cups sugar
Pinch of salt
¼ cup bread crumbs
2½ cups almonds, blanched and grated
Grated rind of 1 lemon

Beat yolks with sugar, add lemon rind, fold in the stiffly beaten whites of eggs, then the almonds and lastly the bread crumbs. Place in spring form and bake in a moderate oven 35 to 40 minutes. Serve cold with White Grape Juice Sauce, page 337, or bake in 3 layers and serve with whipped cream between layers.

PRUNE OR DATE WHIP

½ lb. prunes
½ cup sugar
Whites of 5 eggs
½ teaspoon lemon juice

Pick over and wash prunes or dates and soak in cold water. Cook in same water until soft; then remove stones and rub through strainer. Add sugar and cook 5 minutes or until the consistency of marmalade. Beat whites until stiff and add when cold, fruit mixture gradually, and lemon juice. Heap lightly in buttered dish, and bake 20 minutes in a slow oven 275°F. Serve cold with thin custard or cream.

MARSHMALLOW PUDDING

½ lb. marshmallows
¼ cup milk
1 cup cream, whipped stiff
½ cup walnut meats

Break marshmallows in pieces, add the milk and let cook over hot water until dissolved. Remove from fire, stir well and when cool, fold and whip in the stiffly beaten whipped cream. Place in a mould that has been dipped in cold water and sprinkle the broken nut pieces and bits of candied cherries all through the mixture. Chill and let stand 8 or more hours. Place in serving dish and serve ice cold, surrounded with fresh fruit and lady fingers.

HEAVENLY HASH

1 pt. whipped cream
25 marshmallows
Candied cherries
1 cup chopped nuts

Mix the marshmallows, broken in small pieces, with the whipped cream, let stand on ice several hours, then decorate with nuts and candied cherries cut fine, and serve ice cold.

MARSHMALLOW-PINEAPPLE DESSERT

½ lb. marshmallows
9 slices canned pineapple
1 cup cream

Drain pineapple, cut in small pieces. Mix well with marshmallow, quartered. Pour cream over all, mix well, let stand over night. Serve very cold.

CHESTNUT FLAKE

1 lb. chestnuts
2 cups sugar
1 cup water
1 pt. cream, whipped
1 tablespoon maraschino
Or 1 teaspoon vanilla

Take fresh chestnuts; with a sharp-pointed knife slit each chestnut shell across one side, following directions for Shelling, page 210. Boil chestnuts until half done in boiling water, drain and put them into a syrup (made by boiling 2 cups sugar with 1 cup water 10 minutes) and boil until soft. Put through a potato ricer and serve with whipped cream flavored with maraschino.

SWISS RICE

1 cup rice
3 to 3½ cups boiling milk
1 teaspoon salt
1 pint cream, whipped
½ teaspoon vanilla
Raspberry or cherry juice

Add salt to milk. Steam rice in the milk over boiling water 30 to 45 minutes until tender. Add vanilla. When cool add and fold in all but ½ cup of the whipped cream. Shape into any desired form with spoon.

Add enough fruit juice to the remaining whipped cream to color prettily and use it to garnish the top. Serve cold.

QUEEN OF TRIFLES

1 lb. lady fingers
1 lb. macaroons
½ lb. shelled almonds
1 pt. fruit juice
½ lb. crystallized cherries, cut in halves
1 qt. cream, whipped stiff
1 pt. hot milk
2 tablespoons flour
1 egg
½ cup sugar

Soak the macaroons in any tart fruit juice, blanch and chop almonds, not too fine. Make a custard by mixing sugar and flour with the egg beaten until very light, add gradually to the hot milk and let cook in double boiler until very thick, stirring constantly. Cool, add almonds, and ¾ of the cream whipped very stiff. Line glass bowl with lady fingers, cut in half; add cream mixture, macaroons, putting cherries all through the bowl; cover with rest of whipped cream decorated with the cherries.

GELATINE PUDDINGS

LEMON JELLY

1 oz. (½ box) gelatine, or
2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup sugar
½ cup lemon juice
Grated yellow rind of lemon

Soak gelatine in cold water, 2 minutes for granulated gelatine, 15 minutes for strip gelatine. Steep the grated rind in the boiling water a few minutes for flavor. Add to the softened gelatine and stir until dissolved. Strain through cheese cloth, add sugar and when cool add the lemon juice. Berries, fruits, cut up, or nuts may be added just as the mixture begins to harden.

Pour into any desired mould to harden, several hours or over night. Chill and serve. Reserve 1 cup of the warm gelatine mixture, add a little vegetable coloring, use as garnish. In warm or damp weather use more gelatine.

ORANGE JELLY

2 tablespoons (1 oz.) granulated gelatine
½ cup cold water
1 cup sugar
2 cups orange juice
3 tablespoons lemon juice
1 cup boiling water

Soak the gelatine in the cold water 5 minutes, add the boiling water and sugar, stir until dissolved, add juice, strain into moulds first dipped in cold water. Set aside to harden and chill.

JELLIED ORANGES

A pretty dish, resembling whole oranges, cut in quarters, and filled with orange jelly, above is made as follows:

Cut oranges in halves lengthwise. Score with knife, extract and strain juice, without destroying the orange shell. Scrape out clean; set each shell upright in a cup and when the gelatine has partially hardened, fill above orange jelly in orange cups. Let stand over night to harden and when ready to serve, cut each piece in two equal parts lengthwise. Arrange in fruit dish or serve as a border around meat.

CIDER JELLY

Soak 2 tablespoons gelatine in ½ cup cold water 10 minutes. Dissolve in ½ cup boiling water and add 3 cups sweet cider and sugar to taste. Stir until sugar is dissolved, strain into mould, first dipped in cold water, and chill.

COFFEE JELLY

2 tablespoons gelatine
½ cup cold water
3 cups clear, strong coffee
¾ cup sugar
Juice of 1 lemon

Soak the gelatine in the cold water 5 minutes and dissolve in the hot coffee; add lemon juice and sugar, stir until dissolved. Turn into a mould, first dipped in cold water. Serve with whipped cream.

PINEAPPLE JELLY

Soak 2 tablesoons granulated gelatine in 1 cup cold water 5 minutes. Add 1½ cups of hot pineapple juice and 1 cup boiling water, ¾ cup sugar and stir until dissolved. When gelatine is cold and begins to set add sliced or shredded pineapple and 3 tablespoons of lemon juice. Pour into mould or cups rinsed in cold water. Set aside in cool place several hours or over night to harden.

EASTER EGG DESSERT

Make Lemon, Orange and Coffee Jelly, above, using ½ recipe for each mixture. Follow recipe for Coffee Jelly, using 1 tablespoon gelatine and milk in place of the water, flavor with vanilla. For other mixtures, use vegetable coloring in package as desired. For nest, fill ring mould with lemon jelly. Wash 12 large eggs, make a pin hole in one end of each shell, a larger opening in the other end and shake out the contents. Rinse the shells in cold water. Set each shell upright in a narrow glass or cup, and then fill with coffee, orange or other colored mixtures. Set aside in a cool place to harden over night. In serving, invert the ring on a large platter to form a nest. Roll and crumble the egg shells and the jelly will come out in perfect egg forms; place eggs in nest and serve cold with cream.

CARROT SPONGE

1 cup grated raw carrot
⅓ cup sugar
1 cup milk
2 tablespoons gelatine
¼ cup cold water
White of 1 egg
Salt
½ teaspoon vanilla

Soak gelatine in cold water, dissolve over heat and add to hot milk. Set aside until it begins to harden around the edges. Beat with the egg-beater, add grated carrots, salt, vanilla, stiffly beaten white of egg; turn into mould and serve with soft custard or with whipped cream.

BANANA DESSERT

Make plain Lemon, Orange or Pineapple Jelly, pages 370-371. Just when it begins to thicken, turn ½ of the mixture into shallow pan, place ¼-inch slices of banana all over the top and cover

with the rest of the jelly. Set aside to harden and chill. Cut into 1 by 3 inch pieces and serve with plain or whipped cream.

BANANA SPONGE

2 teaspoons of gelatine
⅓ cup of cold water
⅓ cup of boiling water
1 cup of sugar
Juice of 1 lemon
1 cup of banana pulp
Whites of 3 eggs
Slices of banana

Soften the gelatine in cold water, add the boiling water and sugar; when the sugar is dissolved strain over the banana pulp, heat to the scalding point, cool, add the lemon juice and beat over ice water until light and cold, then beat in, gradually, the stiffly beaten whites of the eggs. Turn the mixture into a mould lined with slices of banana. Serve cold, ornamented with whipped cream, sweetened and flavored.

JACK FROST PUDDING

1 tablespoon gelatine
¼ cup cold water
1 cup boiling water
¾ cup sugar
2 lemons, juice
4 whites of eggs

Soak granulated gelatine in cold water 5 minutes, add boiling water and sugar and stir until dissolved. Cool, add lemon juice. Just when it begins to thicken beat with a wire spoon until frothing. Add whites of egg, well beaten, and beat all together until stiff. Chill and pile by spoonfuls, in glass serving dish or sherbet glasses, sprinkled with bits of candied cherries and chopped nuts. The egg may be omitted.

Or, divide mixture into 3 parts. Color any desired tint with vegetable coloring, using different colors and flavors for each part. When it begins to harden place in mould, first dipped in cold water, in layers. Set aside to chill. Serve with whipped cream sprinkled with chopped pecan meats and candied cherries cut into bits.

SNOW PUDDING

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup lemon juice
Whites of three eggs
1 cup boiling water
1 cup sugar

Soak gelatine in cold water five minutes, add boiling water, sugar and lemon juice, stir until dissolved; strain. When mixture begins to thicken fold in stiffly beaten egg whites and pour in mold. Serve with Custard Sauce, page 338.

MOCK MARSHMALLOWS

1 tablespoon gelatine
1 cup boiling water
1 cup sugar
3 stiffly beaten egg whites
1½ teaspoons vanilla
Macaroons

Soak gelatine in 2 tablespoons of cold water 5 minutes. Add boiling water, and sugar, stir until dissolved. Place over ice water, when cool, add eggs and vanilla and beat until mixture thickens. Turn into shallow pan, first dipped in cold water, let stand until chilled. Remove from pan, cut into 1-inch squares. Roll in macaroons which have been dried and rolled. Serve with sugar and cream or with Chocolate Sauce, page 338.

PRUNE JELLY PUDDING

1 lb. prunes
1 cup sugar
2 teaspoons granulated gelatine
1 cup walnut meats

Cook prunes following directions, page 334. Stone, mash, add sugar and granulated gelatine, softened in prune juice over boiling water. Add nuts, turn into mould. Set aside to harden and chill.

PRUNE CREAM

1 lb. prunes
Juice of 1 orange
Juice of 1 lemon
Rind of ½ orange
Rind of ½ lemon
1 cup sugar
1 cup chopped almonds
2 tablespoons gelatine
1 cup whipping cream
Macaroons

Wash, then soak prunes over night in cold water to cover, bring to boiling point, boil until tender, push out stones. Soak gelatine in ½ cup cold water, add enough boiling water to hot prune liquid, to make 2 cups; when dissolved add to prunes and the orange and lemon juice and rind, sugar, set aside to cool and when it just begins to harden fold in the stiffly beaten cream and the almonds. Pour in mold and put in cold place to harden. Serve with whipped cream, flavored with powdered macaroons.

MACAROON AND CHOCOLATE PUDDING

1 pt. cream
1 tablespoon granulated gelatine
2 tablespoons cold water
¼ cup boiling water
6 macaroons
¼ lb. sweet chocolate

Dissolve gelatine in cold water, then add the boiling water and stir until dissolved. When cold add it to the cream whipped. Divide the cream in two parts and in one-half stir the grated chocolate, and in the other half, the broken macaroons. Put in a dish in layers and put in the ice box for several hours to harden.

DANISH RICE PUDDING

½ cup rice
1 pint milk
1 teaspoon butter
¼ cup sugar
2 tablespoons granulated gelatine
¼ cup warm water
1 pt. whipped cream
1 tablespoon maraschino

Cook the first four ingredients until perfectly smooth; then put through a ricer.

Dissolve the gelatine in the warm water, add the strained rice. Let cool and fold in the whipped cream flavored with maraschino. Put in mould to harden. Serve with fresh fruit or chocolate sauce.

DELMONICO DESSERT

Yolks of 2 eggs
¼ cup sugar
1 pint hot milk
¼ teaspoon salt
1½ tablespoons granulated gelatine
¼ cup cold water
½ cup boiling water
2 tablespoons lemon juice
Whites of 2 eggs
½ teaspoon vanilla
¼ lb. macaroons
¼ cup vanilla water
1 tablespoon candied cherries

Part 1—Soak gelatine in cold water until soft, then dissolve in boiling water; add lemon juice. Make a custard with the yolks of eggs, beaten slightly and mixed with the sugar and salt; pour on the hot milk and cook in the double boiler until it thickens, stirring constantly. Then add the gelatine water, let cook a minute and stir. Strain, cool, add vanilla and the whites of eggs beaten stiff. Soak the macaroons, milk or cream or water flavored with a little vanilla; place a candied cherry on top of each macaroon. Place a large melon mould in a pan of ice water; pour in jelly ½ inch deep. When it begins to thicken line the bottom of the mould with the soaked macaroons, cherry side downward. Pour the rest of the gelatine custard over the macaroons and proceed with the following Whipped Cream Layer:

1 pt. cream, whipped stiff
½ cup powdered sugar
1 teaspoon vanilla
¼ lb. candied fruit, cherries, pineapple, lime or apricots

Part 2—Sprinkle sugar over the cream, add vanilla, fold and place on top of gelatine. Spread the candied fruit, chopped fine, on top of this layer.

Part 3—Stale Sponge Cake. ¼ lb. almonds blanched and cut in thick slices lengthwise. Make Sponge Cake, No. 1, page 457, a day or two before using. Cake should be about 1 inch thick and cut to fit the top end of mould. Prick cake with fork and saturate well with the flavored vanilla water used to soak the macaroons. Stick almonds half way through top of cake at frequent intervals. Place in mould, almond side down, next the fruit, pressing the cake gently down so the almonds will extend down in the whipped cream layer.

Let stand 1½ hours in ice chest. Turn out of mould and serve with a border of whipped cream. Serves 12 to 15 people.

MACAROON DESSERT

2 tablespoon granulated gelatine
1 cup cold water
1 cup sugar
2 cups hot milk
4 eggs, separated
½ cup fruit juice, or
2 tablespoons of maraschino
12 macaroons

Moisten macaroons in fruit juice. Soak gelatine in cold water 5 minutes, add the hot milk, stir until dissolved. Pour this gradually in double boiler onto yolks of eggs beaten light with the sugar, stirring constantly while cooking until thick and smooth. Let cool, then fold in the stiffly beaten whites and pour into mould, first dipped in fruit juice or cold water and lined with the macaroons. Set aside to harden and chill. May be served with sweetened whipped cream.

ANGEL CHARLOTTE RUSSE

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup boiling water
1 cup sugar
1 pint heavy cream
6 rolled stale macaroons
12 marshmallows in small pieces
2 tablespoons chopped candied cherries and vanilla
¼ lb. blanched and chopped almonds

Soak granulated gelatine in cold water, dissolve in boiling water, and add sugar. When mixture is cold, add cream, beaten until stiff, almonds, macaroons, marshmallows and candied cherries. Flavor with vanilla. Turn into a mould, first dipped in cold water, and chill. Remove from mould and serve with Angel Cake, or cut slice from top of an angel cake, removing some of the inside, leaving a ¾-inch wall, then fill case with mixture, replacing top of cake, covering with frosting, and garnishing with candied cherries and blanched almonds.

NESSELRODE PUDDING

½ cup cold water
2 tablespoons granulated gelatine
2 cups hot milk
5 eggs
⅔ cup raisins
3 tablespoons blanched almonds
Small piece of citron, cut fine
½ cup sugar
1 teaspoon vanilla

Beat yolks of eggs with sugar, stir in the hot milk. Cook one minute or until it coats the spoon, stirring constantly. Dissolve gelatine in the cold water. Add to hot milk mixture and stir until dissolved; then add the chopped nuts, raisins, citron and a little salt. Set in a pan of cold water. When cold add the beaten whites of the 5 eggs and 1 teaspoon vanilla. Put in a mould until stiff. Serve with plain or whipped cream.

CREAM PUDDING

1 tablespoon granulated gelatine
¼ cup cold water
5 yolks of eggs
½ cup powdered sugar
½ cup hot milk
1 cup cream, whipped
1 tablespoon vanilla
12 lady fingers

Soften the gelatine in the water a few minutes. Stir yolks and sugar with Dover egg beater until very light; add milk, the softened gelatine. Cook in double boiler until the mixture coats the spoon, stirring constantly, let cool, add vanilla and fold in the cream, whipped stiff. Turn into a mould lined with lady fingers and let stand several hours to chill. Serve with fresh fruit or with Chocolate or Caramel Sauce, pages 338-339.

CHOCOLATE CHARLOTTE

2 tablespoons gelatine
¼ cup cold water
1 pint milk
1 cup sugar
1 teaspoon vanilla
2 oz. grated chocolate
1 pint cream
1 dozen lady fingers

Soak granulated gelatine in cold water 5 minutes. Melt chocolate in double boiler, add milk and sugar, let cook 5 minutes or until smooth, pour over soaked gelatine and stir until dissolved. When cool, add vanilla. Beat cream until very stiff, gradually add the chocolate and gelatine mixture, and stir gently until it begins to thicken. Line a quart mould with lady fingers, and when the cream is so thick that it will just pour, turn it gently into the mould. Place the charlotte in a cold place for an hour or more, and, at serving time, turn out on a flat dish. Surround with whipped cream and, if desired, sprinkle over with bits of candied cherries, and pistachio nuts.

COFFEE CREAM

2 tablespoons granulated gelatine
¼ cup cold water
2 cups strong boiling coffee
1 cup sugar
½ teaspoon vanilla

1 pint cream

Soak gelatine in cold water 5 minutes, add coffee and sugar, and stir until gelatine is dissolved. Let cool and just as it begins to thicken fold in 1 cup of cream, stiffly beaten. Place in a mould, first dipped in cold water. Set aside several hours until firm. Serve cold surrounded with the rest of the cream, whipped stiff. Sprinkle with chopped pecans, blanched almonds, shredded and roasted or with chopped pistachio nut meats.

CARAMEL CREAM

1 tablespoon granulated gelatine
¼ cup cold water
½ cup hot milk
⅔ cup sugar
1 teaspoon vanilla

1 pint cream

Soak gelatine in cold water a few minutes. Place ½ of the sugar in iron spider, let melt to a brown liquid and pour very gradually into the hot milk. Stir until smooth, then add to the gelatine mixture. Stir until gelatine is dissolved, adding the rest of the sugar. Just when it begins to thicken fold in the cream beaten to a stiff froth. Place in a mould first dipped in cold water, set aside to harden and chill.

PINEAPPLE CREAM

2 tablespoons granulated gelatine
¼ cup cold water
¼ cup boiling water
¾ cup sugar
1 pt. can grated pineapple
1 tablespoon lemon juice
1 pt. heavy cream

Soak gelatine in cold water, add boiling water and sugar and stir until dissolved. Cool, add lemon juice and pineapple. Set aside, and just when mixture begins to thicken, fold in the stiffly beaten cream. Place in mould first dipped in cold water. Let stand several hours to harden and chill.

STRAWBERRY OR RASPBERRY CREAM

1 qt. fresh berries
½ to 1 cup sugar
2 tablespoons granulated gelatine
2 tablespoons cold water
3 tablespoons boiling water
1 pt. heavy cream

Wash berries, leaving out 12 or more for decoration. Sugar the rest of the fruit and let stand several hours and crush. Dis-

solve the gelatine in cold water a few minutes, add the boiling water, stir over hot water until thoroughly dissolved, when cool add the crushed fruit and juice and when it begins to jell, fold in the cream, whipped stiff. Place in glass bowl, decorate top with the whole berries, let stand in ice box for two or more hours.

ORANGE, OR STRAWBERRY CHARLOTTE

2 tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
1 cup fruit juice and pulp
3 tablespoons lemon juice
Whites of 3 eggs
½ pint whipped cream

Soak the gelatine in cold water, then dissolve in boiling water. Add sugar, cool, then add lemon juice, fruit juice and pulp. When cold whisk until frothy, then add whites of eggs beaten stiffly and fold in cream. Line a mould with sections of orange or fresh ripe strawberries, turn in the mixture and chill.

HOOSIER CREAM

2 tablespoons granulated gelatine
½ cup cold water
1 pint cream
⅓ cup powdered sugar
1 teaspoon vanilla
½ teaspoon rosewater
½ cup blanched, chopped almonds
½ cup pecans, chopped

Soak gelatine in ½ cup cold water a few minutes, place cup over hot water and stir until dissolved. Whip the cream very stiff, add sugar gradually, then the flavoring and the dissolved gelatine, beating all the time. Sprinkle nuts through the mixture, turn into a mould, let stand several hours to harden and chill.

CHERRY CREAM

1 pint bottle maraschino cherries
2 tablespoons granulated gelatine
½ cup cold water
1 teaspoon vanilla
1 pint cream
¼ cup powdered sugar

Soak gelatine in ½ cup cold water a few minutes, place cup over hot water and stir until dissolved. Beat the cream until very stiff, add sugar very gradually, vanilla, the dissolved gelatine and the syrup from the cherries, beaten all the time. When the mixture begins to thicken stir in the cherries, cut in quarters and, if desired, ½ cup chopped nuts. Turn into a mould lined with lady fingers, if desired, and set aside to harden and chill.

CAKE DESSERTS

CAKE WITH PEACHES

No. 1—With Cocoanut—Take slices of cake cut into rounds with biscuit cutter, a little larger than halves of canned or fresh peaches. Cover with soft Plain or Lemon Icings, page 431. Dip hollow side of peach in powdered sugar and lay on top of cake. Sprinkle sides of cake with grated cocoanut.

No. 2—With Jelly—Set slices of stale sponge cake on individual dishes; above each slice set half a canned peach, hollow side upwards. Pile whipped cream in the hollow of each peach. For each service take a rounding tablespoonful of currant, raspberry or other bright-colored jelly, and 2 or 3 tablespoonfuls of the syrup from the peaches. Let stand over a slow fire to melt the jelly, then beat until smooth and let chill. When cold and ready to serve pour the syrup over the whole.

No. 3—Mock Egg

Stale sponge cake
Can of peaches or apricots
1 cup cream, whipped
Nutmeg gratings

Slice cake, cut in rounds, one slice for each person. Pour over some of the fruit syrup, let stand. When ready to serve, cover with whipped cream, place half a peach or apricot, hollow side down in center of each slice, sprinkle with nutmeg.

PINEAPPLE CREAM CAKE DESSERT

1 stale angel food cake
1 pt. whipping cream
1 dozen stale macaroons
1 can pineapple, sliced and diced
Melba Sauce, page 338
Raspberry or orange ice

Bake an angel food cake in a bread pan several days before using. Cut lengthwise in ½ inch layers, then crosswise in 1 inch strips. Lay these strips across the bottom of a bread pan, close together, spread a thick layer of whipped cream over cake slices, cover with layer of pineapple well drained, pile whipped cream over this, sprinkle well with stale macaroon crumbs, add another layer of whipped cream and top with angel food strips placed close together. Let stand in refrigerator 12 hours or more. Serve on platter with Melba Sauce and surround with balls of raspberry or orange ice.

SPONGE ROLL WITH CHOCOLATE

Make Jelly Roll, page 464, and in place of jelly, fill roll with Chocolate Filling, No. 1, page 436. Cut into ¾-inch slices, cover with sweetened whipped cream.

CHOCOLATE OR COCOA ROLL

5 eggs, separated
½ cup confectionery sugar
⅓ cup cocoa
1 teaspoon vanilla
1 cup whipping cream
Chocolate Fudge Frosting

Beat yolks slightly, add sugar and beat very well; add cocoa and vanilla and lastly fold in the whites, beaten stiff. Grease a 10 x 16 shallow pan, well. Spread batter into pan, let bake 10 to 15 minutes in moderately hot oven, 350° F. Turn out on towel sprinkled with powder sugar, roll while hot and cover with a damp cloth. Let cool and when ready to serve, unroll, spread with sweetened whipped cream or with ice cream, fold over to form a roll. Place on platter, cover with Fudge Frosting, page 435, and serve in slices.

WALNUT ROLL

6 yolks, beaten
½ cup sugar
1 cup walnuts, chopped
6 whites of eggs, beaten

Beat the yolks well with the sugar, add nuts and lastly, the stiffly beaten whites. Spread in a shallow, well-greased pan, 10 by 16 inches and bake in a medium oven 15 to 20 minutes. Turn out on a floured towel. Roll while hot. When cold, unroll, spread with sweetened whipped cream, flavored with vanilla. Roll again and cover with Boiled Chocolate Frosting, No. 1, page 435, adding ½ cup marshmallows to syrup before pouring on beaten whites.

BIRTHDAY CAKE (Candlesticks)

Have a slice of loaf cake ¾ inch thick, cut into 3-inch circles, for each service, as the base of the candlestick. Cover cake with soft icing or sweetened whipped cream. Place half a banana cut crosswise, upright in center to represent the candle and stick a small wax candle in top of banana. Form handle of candlestick with lemon or orange rind slices. Light the candle and serve.

PINEAPPLE WHEEL CAKE

1 large can sliced pineapple
½ cup butter
2 cups brown sugar
4 eggs
1 cup sugar
1 cup flour
1 teaspoon baking powder
1 cup whipping cream

Melt butter, place in bottom of an iron spider; cover with brown sugar, spreading it evenly. Place 1 slice of the cored pineapple in center on top of sugar; cut rest of the slices in half, crosswise; arrange these in a circle around the center slice like the spokes of a wheel, rounded eges facing one way. If desired, fill space with halves of walnut meats and candied cherries.

Make sponge cake batter, using 4 eggs, 1 cup sugar, 1 cup flour, and 1 teaspoon baking powder, pour over the pineapple wheel, place in moderate oven and bake until firm. Turn out on cake plate upside down and serve cold with whipped cream.

FRUIT UP-SIDE-DOWN CAKE

1 can apricots
1 cup brown sugar
Butter or Sponge Cake
1 cup fruit juice

Drain the fruit. Heat 1 cup of the juice in an iron spider, add sugar. Stir until dissolved. Let cook to a syrup (about 5 minutes). When cool, arrange apricot halves, hollow side up, on the syrup and spread Plain Cake Batter, page 445, or Sponge Cake Batter, page 457 over all. Put in moderate oven, let bake about ½ hour. When done, turn onto cake plate upside down. Serve plain or with whipped cream as a dessert. May also be made with canned peaches or pineapple, or cooked, dried, fruit, apricots, prunes or peaches.

CAKE BASKETS

Make Sponge or Cup Cakes, pages 457-483. Bake in muffin tins. when cold cut off tops and carefully take out soft inside with cookie cutter and knife. Fill with fresh berries, sweetened, ice cream or whipped cream. Make handle by laying a strip of lemon, orange or apple rind, or angelica over the top, sliding the ends in between filling and cake wall.

DESSERTS IN MARY ANN CAKE SHELLS

Fit removable pie-shaped bottom of patent torte pan, with hollow center on the outside. Grease well inside of pan on bottom only. For 10-inch pan, pour in Sponge Cake Mixture No. 2, page 457. Bake in moderate oven, 325° F., about 45 minutes. Invert on wire rack to cool, then cut cake from sides of pan and remove rim. Place cake on serving platter and carefully remove greased tin, leaving hollow center. This shell will hold about 1 quart of filling.

No. 1—Fill center with ice cream, cover with any Ice Cream Sauce, page 382, or with prepared fresh fruits topped with whipped cream or ic ecream.

No. 2—Put any Ice Box Cake Filling, pages 465-467, in center of cake shell. Let stand in refrigerator 24 hours or until firm.

No. 3—Take any desired Gelatine Pudding Mixture, pages 272-278, and when it begins to harden, place in cake shell. Let stand in refrigerator until firm. Top with whipped cream. For meringue, page 407, set in oven to brown slightly. Decorate as desired.

No. 4—Sprinkle top of filling with any of the "Sundae" Combinations, page 383.

CHAPTER XXIX

ICE CREAMS, ICES AND FROZEN PUDDINGS

ICE CREAM SAUCES

HOT CHOCOLATE FUDGE SAUCE

½ lb. milk chocolate
½ cup hot water or milk

Scrape or break chocolate in top of double boiler, let melt slowly, stirring constantly. When thoroughly dissolved, pour in water gradually and stir until smooth. For Vanilla or Mint Ice Cream.

CHOCOLATE MARSHMALLOW SAUCE

½ lb. marshmallows
½ cup hot cream or milk
¼ lb. sweet chocolate scraped or sweet and bitter mixed

Cut marshmallows in pieces. Place in top of double boiler, add chocolate, scraped, and the cream. Let cook until dissolved, stirring until smooth. Serve hot over Vanilla or Mint ice cream.

MOCHA SAUCE

Add ¼ teaspoon instant coffee to Chocolate Marshmallow Sauce above or in place of water in recipe use strong coffee. Serve over Vanilla Ice Cream.

MARSHMALLOW SAUCE

12 marshmallows, cut
½ cup sugar
¼ cup water
1 egg white beaten stiff

Boil sugar and water to a syrup about 5 minutes, press in the marshmallows. Let stand 2 minutes without stirring. Then pour gradually into egg white and beat until smooth. Serve over Chocolate or Coffee Ice Cream.

With Mint—Add 1 drop oil of peppermint or ½ teaspoon peppermint extract to Marshmallow Sauce above. Serve with Chocolate Ice Cream.

MAPLE SAUCE FOR ICE CREAM

1 pint maple syrup
¼ cup butter

Boil syrup and butter until it forms a thread, when dropped from spoon. Pour while hot over Vanilla or Lemon Ice Cream.

BUTTERSCOTCH SAUCE FOR ICE CREAM

1 cup light brown sugar
2 tablespoons corn syrup
2 tablespoons butter
¼ cup milk or cream

Cook sugar, syrup and milk to soft ball stage, page 506, stirring constantly. Pour hot over vanilla ice cream.

ICE CREAM SUNDAES

Place a large spoonful of Vanilla Ice Cream into a dessert glass, cover with any of the above sauces, or with the following:

1. Two tablespoons chocolate, cocoa, coffee, or maple syrup. Sprinkle with chopped nut meats, or with toasted cornflakes or grape nuts. Top with whipped cream.

2. With chopped figs, dates and nuts mixed with maple syrup.

3. Crushed strawberries or raspberries. Top with whipped cream.

4. Crushed cherries, Marshmallow Sauce; sprinkle with cocoanut.

5. Grated or preserved pineapple, whipped cream, cherry on top.

6. Sliced peaches, whipped cream, a cherry or chopped pecans.

7. Half peach, covered with strawberry or raspberry preserves.

8. Sprinkle with dried crushed macaroons or blanched chopped pistachio nuts, black walnuts, pecans or ground nut brittle.

9. Or with fresh grated cocoanut and bits of maraschino cherries.

10. Cut banana in two, crosswise, put ice cream in center, add cherry, raspberry or loganberry syrup, top with chopped nuts.

11. Pour 2 tablespoons hot, black coffee over Vanilla Ice Cream.

ICE CREAM BALLS

Scoop out Vanilla Ice Cream (New York) in balls, dip in fresh grated cocoanut, ground nuts or macaroon crumbs.

ICE CREAM SANDWICHES

Place a slice of brick ice cream between 2 thin layers of sponge cake. Pour raspberry or strawberry jam over the top.

ICE CREAM IN FLOWER POTS

Wash and dry small ordinary flower pots. Line bottom and sides with waxed paper. Just before serving, fill with Chocolate or Vanilla Ice Cream. Cover with grated sweet chocolate and stick a dainty fresh flower in center of each pot such as a daisy, sweet pea, cornflower, or any other flower in season.

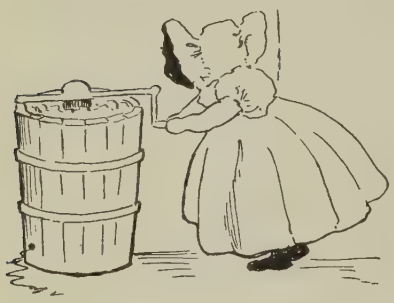
ICE CREAM IN CAKE

1. Bake an Angel or Sunshine Cake, pages 458, 459, in ring mould; when cold cover with Butter Frosting No. 1, page 433, place on platter, fill with ice cream, border with peaches, cut in half, rounded side up, and cover with Melba Sauce, page 338.

2. Or, fill center with mound of vanilla ice cream balls (above), serve with a sauce made with sweetened crushed berries.

3. Or fill with Mint Ice Cream and serve with Hot Chocolate Fudge Sauce, page 382.

ICE CREAMS AND ICES MADE IN FREEZER



When making ice cream in a freezer, scald and then chill can, cover and dasher of freezer before using. Adjust can in tub, put in the thoroughly chilled mixture. Adjust dasher; cover can. Place ice in heavy burlap bag, pound and crush with wooden mallet, or chop in wooden tub with ice pick. Pack with fine and evenly chopped ice and rock salt.

Use 3 parts ice to 1 part salt. Measure carefully before packing. Pack freezer ⅓ full of ice before adding salt, then add the salt and remaining ice in alternate layers. Eight parts of ice to one part of salt may also be used, but requires longer freezing. For this proportion fill freezer ⅔ full of ice before adding salt. Then alternate remaining ice and salt.

Turn crank slowly at first for about 5 minutes or until mixture begins to freeze and crank turns hard. Then turn crank more quickly until mixture is nearly frozen. Drain off the water. Uncover and remove dasher, scrape it, beat the frozen mixture with a wooden spoon. Place heavy paper over it, put on cover and place a cork in the hole. Repack the freezer, put ice on top, cover with carpet or newspaper, and let stand several hours to ripen.

In preparing ice cream with fruit, crush fruit, add sugar; let stand until sugar is dissolved, strain all seedy fruits, then add cream and freeze; in preparing ice cream without fruit, scald the cream, dissolve sugar in it; add flavoring and freeze.

MECHANICAL REFRIGERATION

The following ice cream and sherbet recipes are designed for a freezer with a dasher that is turned with a crank, which gives these mixtures a smooth texture. These recipes, however, with a few additions, as noted in recipe for American Ice Cream, page 385, will prove satisfactory in a mechanical refrigerator and will produce a desirable although slightly different texture.

The length of time needed for freezing varies with the temperature at which the refrigerator operates. If mixture is too sweet it will not freeze. Use no more than 1 part sugar to 4 parts liquid. To secure a smoother texture, use 1 part corn syrup to 2 parts sugar in place of sugar only.

TO WHIP CREAM

Cream must be icy cold. Pour in straight sided mixing bowl and beat with rotary egg beater until thick. Whipping Cream (40% fat) is best. Plain cream (20–22½% fat) which has stood for 24 hours will whip well.

Evaporated milk, heated for two or three minutes over boiling water and then thoroughly chilled, may also be whipped. If ¼ teaspoon of gelatine is soaked in 2 tablespoons of cold evaporated milk for five minutes, then dissolved over hot water and thoroughly chilled, it will whip easily and remain stiff.

VANILLA ICE CREAM

No. 1—American (with Flour or Cornstarch) Standard Recipe

Freezer Ingredients:
- 1 pt. hot milk
- 2 tablespoons flour
- 1 cup sugar
- 2 egg yolks
- 2 teaspoons vanilla
- 1 quart cream

Added Ingredients for Mechanical Refrigerator:
- 2 teaspoons gelatine
- 2 tablespoons cold water
- 2 egg whites, beaten
- The cream, *whipped*

Freezing in Freezer—Make a custard of the first four ingredients as follows: Mix flour, sugar and ⅛ teaspoon salt, adding the milk gradually. Cook over hot water 10 minutes. Take from stove, stir onto the well beaten egg yolks very gradually. Cook two more minutes or until the mixture coats the spoon. Cool, add cream and flavoring, strain and freeze.

Freezing in Mechanical Refrigerator—Prepare custard as above. Soak gelatine in cold water 5 minutes. Dissolve in hot custard or hot liquid. When cool, add flavoring. Place in refrigerator trays and when thoroughly chilled whip with rotary egg beater. Fold in the egg whites, then the cream, *beaten stiff*. Replace in refrigerator trays and let freeze until mixture holds its shape.

No. 2—New York (with rich custard)

- 4 whole eggs, or 8 yolks
- 1 cup sugar
- 1 qt. hot cream
- 2 teaspoons vanilla

Scald one-half of the cream over hot water. Beat yolks till thick, add sugar and beat again. Beat whites stiff, add to yolks, mix well, turn back into double boiler. Stir constantly until the custard coats the spoon, and when cold add the rest of cream, the flavoring and freeze in 8 parts ice to 1 part salt as directed on page 384, or in refrigerator trays, adding softened gelatine to hot custard and whipping the rest of the cream, following method above.

No. 3—With Marshmallows

1 pint hot milk
1 egg separated
¾ cup sugar
1 pint cream, whipped
1 tablespoon vanilla
8 marshmallows

Heat milk in double boiler, add sugar and a few grains of salt. Pour on slightly beaten egg yolk. Return to double boiler and cook until it coats the spoon. Add marshmallows cut into small pieces. Cool. Place in refrigerator tray in freezing unit. When partially frozen remove from tray, fold in egg white beaten stiff, add vanilla and the stiffly beaten cream. Replace mixture in tray and let stand until it holds its shape.

No. 4—New York (with Marshmallows)

½ pint plain cream
½ pint whipping cream
3 whole eggs, well beaten
1 tablespoon vanilla
8 marshmallows
¼ cup sugar

Heat plain cream in double boiler, add sugar and a few grains of salt, pour onto beaten eggs. Cook until custard coats spoon. Add marshmallows cut in pieces, let cool, add vanilla. Place in tray in freezing unit. When partially frozen, beat well and fold in stiffly beaten cream. Return to freezing unit and freeze until mixture holds its shape. This recipe makes a cream of very fine texture.

For Chocolate follow recipe above, add 1 or 2 squares melted chocolate or ¼ cup cocoa to hot custard. Cool, place in trays in freezing unit; when partially frozen, remove from trays, beat well, then fold in stiffly beaten cream. Replace in trays, let stand in freezing unit until the mixture holds its shape.

With Fresh Berries, wash and hull 1 quart berries, add ¾ cup sugar and let stand 1 hour, crush or strain. Follow recipe above, omitting sugar and vanilla. When partially frozen, add prepared berries, replace in freezing unit; let stand until it holds its shape.

In place of berries, add 1 cup fruit pulp (peaches, plums, apricots or bananas) sweetened to taste.

No. 5—Philadelphia (With Cream)

1 qt. cream
1 cup sugar
1 teaspoon vanilla

Heat 1 cup of the cream, add sugar; cool, add flavoring and remaining cream. Freeze in freezer, using 8 parts ice to 1 part salt, as directed on page 384. For mechanical refrigeration add 2 teaspoons gelatine softened in 2 tablespoons cold milk, then dissolved in the hot cream. Cool, add flavoring, the remaining cream, *whipped*, and follow directions for freezing, Vanilla Ice Cream No. 1, page 385.

No. 6—With Junket Tablet

1 junket tablet
1 tablespoon cold water
1 pint milk
½ cup cream, whipped
½ cup sugar
2 teaspoons vanilla

Crush junket tablet and dissolve in cold water. Warm milk, with sugar, to *lukewarm*—stirring until sugar is dissolved. Remove from stove. Add flavoring and dissolved tablet; stir well, and pour into the freezer can or refrigerator tray. Let stand in a warm room until firm; then chill. Beat and fold in cream, whipped stiff, pack in ice and salt or place in refrigerator tray and freeze, page 385.

No. 7—With Flavored Junket

Follow directions on package for preparing flavored junket in powder form, then finish freezing as junket tablet above.

BROWN BREAD ICE CREAM

1 qt. cream
1 cup brown bread crumbs
¾ cup sugar
¼ teaspoon salt

Dry stale brown bread in oven, roll it fine; sift through a fine strainer. Mix with 1 cup of the cream, add salt and sugar; heat well. Cool, add remaining cream and freeze. Grape-nuts, graham crackers, cake or cookie crumbs may also be used.

MACAROON ICE CREAM

12 dry macaroons
1 quart cream, whipped
¾ cup sugar
1 teaspoon almond extract
2 tablespoons maraschino

Crush macaroons fine. Follow Brown Bread Ice Cream recipe above, adding flavoring.

No. 1 **CARAMEL ICE CREAM**

Make a custard of first four ingredients in Vanilla Ice Cream, No. 1, page 385. Melt 1 scant cup sugar to a brown liquid, in an iron spider, and pour gradually into hot custard. Cool, add ½ teaspoon vanilla and 1 quart cream, whipped; and freeze. If mechanical refrigeration is used, omit sugar in custard.

No. 2

¼ lb. mixed caramels
1½ pints cream
2 whole eggs
¾ cup sugar

Melt maple and chocolate caramels with ¼ cup of the cream. Add sugar to eggs, beat well and stir into the melted candy. Fold in the cream, beaten slightly. Turn into freezer, using 8 parts ice to 1 part salt, following directions, page 384.

MAPLE ICE CREAM

1 cup rich maple syrup
1 pint cream, whipped
4 yolks of eggs
1 white of egg, whipped

Heat syrup to the boiling point and pour gradually on the well beaten yolks. Cook in double boiler, stir until custard coats spoon. Cool, add to cream and white of egg; freeze.

MINT ICE CREAM

1 pint heavy cream
1 pint milk or plain cream
1 cup sugar or mint candy
1 teaspoon mint extract

Add sugar and the flavoring to milk or plain cream, then freeze. A few drops of oil of peppermint may be used in place of the extract or ½ lb. peppermint stick candy, broken and dissolved in the milk. If desired, tint a delicate green with green vegetable coloring.

CHOCOLATE ICE CREAM

1½ oz. chocolate, melted
Or ¼ cup cocoa
1 cup sugar
¼ cup hot water
1 tablespoon vanilla
1 quart cream

To cocoa or chocolate, add the sugar gradually, and then the hot water slowly. Cool, add cream and flavoring, and then freeze.

CHOCOLATE CHIP ICE CREAM

4 tablespoons flour
4 tablespoons sugar
⅛ teaspoon salt
2 cups milk
2 cups cream, whipped
½ lb. chocolate coated molasses chips

Mix the flour, sugar and salt together. Add the milk slowly, mixing smoothly. Cook in a double boiler until slightly thickened. Remove and chill. Add the cream and crushed candy. Pour in the refrigerator tray and freeze about 4 hours. Stir every half hour during freezing for a smooth texture.

COFFEE ICE CREAM

1 quart cream
1½ cups scalded milk
¼ cup ground coffee
1¼ cups sugar
Yolks of 4 eggs
¼ teaspoon salt

Pour the hot milk over the coffee, add 1 cup sugar. Mix the eggs, slightly beaten with the remaining sugar; combine the two mixtures and cook over hot water until thickened, keep hot ½ hour. Strain, cool, add cream, whipped. Add vanilla to taste, and freeze.

CHOCOLATE COFFEE ICE CREAM

4 eggs, separated
¾ cup sugar
1 teaspoon cornstarch
½ lb. sweet chocolate
1 cup strong coffee, strained
1 pt. cream, whipped

Mix cornstarch and sugar, add yolks well beaten, and stir in the coffee. Melt the chocolate in a double boiler, add the coffee mixture. Cook slowly until smooth, stirring constantly. Cool, fold in the beaten whites of eggs and the whipped cream. Freeze.

PISTACHIO ICE CREAM

Vanilla Ice Cream
4 oz. pistachio nuts
A few drops of rose water
½ teaspoon almond extract

Shell and blanch pistachio nuts. Pound them in a mortar, with a few drops of rose water, add ¼ cup each of sugar and cream and stir to a fine paste. Make any vanilla ice cream, pages 285, 286, and scant the proportion of sugar. Flavor it with vanilla and almond and add the pistachio paste. Color it a pale green with green vegetable color paste, and freeze.

CHESTNUT ICE CREAM

3 cups chestnuts, cooked in milk and riced
A little vanilla
1½ pints cream
1½ cups sugar and 1½ cups water, cooked to a syrup
6 yolks, well beaten
½ lb. candied fruit, cut fine

Prepare Chestnuts, page 210, add to syrup and when boiling, add gradually to yolks, stirring well. Remove from stove, stir until cold, add cream, and candied fruit, dipped in maraschino. Freeze in freezer, using 8 parts ice to 1 part salt, or in mechanical refrigerator, following directions, page 384 and 385.

PEANUT BRITTLE ICE CREAM

1 pound of peanut brittle
1 dozen macaroons
1 pint of whipping cream

Grind the peanut brittle and macaroons together, and mix with the whipped cream. Freeze in the mechanical refrigerator trays, or pack into pound baking powder cans, three-fourths full, or bury in ice and salt (equal parts of finely chopped ice and rock salt) for three or four hours. Turn out on a platter, slice, and serve with whipped cream topped with candied cherries.

FRENCH ICE CREAM

1 cup sugar
1 cup water
Pinch of salt
3 egg yolks
1 teaspoon vanilla
1 pint cream, beaten

Boil sugar and water slowly until it forms a thin syrup, (about 10 min.) Add salt to eggs in double boiler, beat rapidly, then gradually stir in the boiling syrup. Cook over boiling water 3 minutes, beating rapidly. Remove from fire, place over cold water, beat until cold, add vanilla, cream, and freeze.

1 quart mashed and sweetened strawberries or peaches may be added when almost frozen. Serves 6 to 8 people.

FANCY ICE CREAM

4 eggs
1 cup powdered sugar
1 quart cream, whipped
1 teaspoon vanilla
¼ lb. stale macaroons
¼ lb. marshmallows
¼ lb. walnut meats
12 candied cherries

Separate the eggs. Beat yolks very light, with sugar; then add whites beaten very stiff and the cream, and freeze. When about half frozen add macaroons, rolled, marshmallows, each cut in 8 pieces; walnut meats and cherries cut fine. Freeze.

STRAWBERRY OR RASPBERRY ICE CREAM

1 qt. cream, whipped 1 qt. berries ⅞ cup sugar

Wash and hull berries. Add sugar. Let stand one hour; mash or rub through a strainer. Add the cream and freeze in 8 parts ice to 1 of salt or in mechanical refrigerator, following directions, page 384 and 385.

ORANGE ICE CREAM

Vanilla ice cream
Grated rind of 2 oranges
Grated rind of ½ lemon
Juice of 4 oranges

Follow recipe for Vanilla Ice Cream, page 385, adding the grated rind of lemon and orange to the custard, before boiling. Strain and cool and in place of the vanilla flavoring add the orange juice, more or less juice and rind to suit taste. Freeze in 8 parts ice to 1 of salt or in mechanical refrigerator, following directions, pages 384 and 385.

No. 1 PEACH OR APRICOT ICE CREAM

2 quarts ripe peaches
1 cup sugar
1 quart cream
1 teaspoon vanilla

Pare peaches, cut and mash quickly, add ½ cup of sugar and a few peach stone meats, chopped fine. Keep closely covered until sugar is dissolved. Add vanilla and ½ cup sugar to cream, place in

freezer, and when half frozen, add peach pulp and finish freezing, using 8 parts ice to 1 part salt, or in mechanical refrigerator, following direction, pages 384 and 385.

No. 2

Make New York Ice Cream, page 385. Place in freezer, and when nearly frozen, add peaches and finish freezing.

BANANA ICE CREAM

Vanilla Ice Cream
1 cup banana pulp
½ cup lemon juice

Make any Vanilla Ice Cream, pages 385 and 386. When cream is partly frozen, add banana pulp, mix with the lemon juice, and finish freezing. Let stand an hour. Serve with pistachio nuts blanched and chopped fine.

PRUNE ICE CREAM

2 cups prunes
3 cups water
1 cup sugar
¼ cup lemon juice
¼ cup orange juice
1 pint cream

Wash prunes, pour over 3 cups water, let stand overnight. Place in saucepan, cook gently until soft; remove stones, and put through strainer. Add sugar, lemon and orange juice, and the grated rind of half of a lemon, and an orange, a few grains of salt and a little cinnamon if desired, and lastly the cream, beaten stiff. Freeze, using 8 parts ice to 1 of salt in freezer, or in mechanical refrigerator, following directions, pages 384 and 385.

PÊCHES MELBA ICE CREAM

1½ pts. of cream
1 vanilla bean
6 eggs (yolks)
½ lb. powdered sugar

Put the cream in a double boiler, with the vanilla bean split in half. Beat the yolks of the eggs and the sugar together until light, add to the hot cream, stir until the eggs begin to thicken. Strain, cool, freeze. Place ball of ice cream on slice of Sponge or Angel Food cake, page 459, cover ice cream with half of fine fresh or canned peach, rounded side up, pour over Melba Sauce, page 338.

RASPBERRY BOMBE GLACE

Raspberry ice
Whipped cream filling
White of 1 egg, beaten stiff
¼ cup powdered sugar
½ teaspoon vanilla

Line a 3-pint melon mould with Raspberry Ice, page 392. Fill the center with whipped cream filling, page 441. Let stand packed in equal parts of ice and salt for 3 hours. Or for mechanical refrigeration, fill in baking powder cans.

FRUIT ICES AND SHERBETS

APRICOT ICE (Standard Recipe)

Freezer Ingredients:

½ lb. dried apricots
2 oranges
2 lemons
4 cups water
2 cups sugar

Added Ingredients for Mechanical Refrigerator:

2 teaspoons gelatine, or
1 tablespoon flour
2 tablespoons cold water
2 egg whites, beaten stiff
Use only 1¼ cups sugar, or ¾ cup sugar with ½ cup corn syrup

For Freezer—Fruit or water ices are better when frozen in ice cream freezer. Turn steadily 5 minutes, let stand 5 minutes, turn again 5 minutes. Repeat until frozen. In preparing frozen fruit or water ice, the sugar and water should be boiled into a syrup for 5 minutes, then strained. The fruit is pressed through a colander or cut in small pieces.

For Mechanical Refrigeration—Boil sugar, or corn syrup with sugar and water to a syrup for 5 minutes. Cool. Soften gelatine in cold water, dissolve in hot syrup. Cool, add fruit pulp and juice and beat well with rotary egg beater. Place in trays in freezing unit. When partially frozen, remove from trays, beat with rotary egg beater, then fold in beaten egg whites. Replace in refrigerator unit and stir at hour intervals until frozen.

Or, in place of gelatine, mix **flour** and water to a smooth paste, pour the hot syrup very gradually over the mixture and cook until thick. Cool, add fruit pulp and continue as above.

LEMON ICE

1 quart water
¾ cup lemon juice
1 white of egg
1¾ cups sugar

Boil water and sugar to a syrup 5 minutes. Cool, add beaten white of egg, lemon juice, and freeze.

STRAWBERRY OR RASPBERRY ICE

4 cups water
1½ cups sugar
2 cups berry juice
1 tablespoon lemon juice

Make a syrup of sugar and water and boil 20 minutes; cool, add berries crushed and squeezed through double cheese-cloth; add lemon juice; strain and freeze.

PINEAPPLE ICE

1 cup sugar
1 pint water
1 cup chopped pineapple
2 lemons, juice
2 whites of eggs

Boil sugar with water a few minutes until it thoroughly dissolves. Let cool, add pineapple and the lemon juice. Pour in freezer, turn until slightly thickened, then add well beaten whites, stir up well and beat until frozen. Let stand a few hours.

FRESH FRUIT ICE

1 quart water
2 cups fruit juice or crushed fruit, strained
2 cups sugar
Lemon juice to taste
1 egg white, beaten stiff

Boil water and sugar to a syrup 5 minutes, cool, add fruit juice and lemon to taste; fold in egg white, and freeze.

Note—Orange, raspberry, strawberry, grape, currant, apricot, pineapple, etc., juice or crushed and strained fruit, may be used alone, or in combination.

MELON COUPE

Boil water and sugar as in Fresh Fruit Ice, above, using melon pulp and juice, and freeze. Serve in coupe glasses with whipped cream and place small melon balls on top.

GRAPE FRAPPÉ

4 cups water
2 cups sugar
¼ cup lemon juice
2 cups grape juice
⅔ cup orange juice
1 white of egg, beaten stiff

Make a syrup by boiling water and sugar 15 minutes; add grape, lemon and orange juice; cool, strain, add the white of egg and freeze to a mush in ice and salt, page 384.

CRANBERRY FRAPPÉ

1 quart cranberries
2 cups sugar
4 cups water
½ cup lemon juice

Cook the berries in the water 5 minutes or until they stop popping, strain; add sugar and bring to the boiling point. Cool, add lemon juice and freeze to a mush. For mechanical refrigeration, add ingredients and follow directions as in Apricot Ice, page 392.

BERRY MILK SHERBET

1 cup raspberry, strawberry or loganberry juice
1 cup sugar
1 tablespoon lemon juice
1 quart milk

Mix sugar and fruit juice and set aside. Put milk in freezer, that has been packed in 3 parts ice to 1 of rock salt, add the sweetened fruit juice and turn at once.

MINT SHERBET

6 lemons
2 oranges
Grated rind of 1 lemon
2 cups sugar
2 cups water
1 large bunch of fresh mint
1 white of egg
Green vegetable coloring

Squeeze juice of lemons and oranges. Add grated rind. Boil water and sugar to a syrup. Pour quickly over the mint, cut up fine. Cover and allow it to steep for 1 hour. Then strain over the fruit juice. Add coloring if desired. When cold put into freezer, folding in well beaten egg white, and freeze. Or use ¼ lb. of peppermint stick candy, broken and dissolved in boiling water, or 4 or 5 drops of oil of peppermint in place of the fresh mint leaves and sugar.

To be served in sherbet glasses, using sprigs of mint and maraschino cherries for garnishing. Serve with lamb.

LEMON MILK SHERBET

1¾ cups sugar
Grated rind of ½ lemon
½ cup lemon juice
1 quart milk or buttermilk

Mix in the order given, and freeze.

PINEAPPLE MILK SHERBET

1 can grated pineapple
1 quart milk
1 cup sugar
Juice of 1 lemon

Add sugar to pineapple and lemon juice; add milk, and freeze.

ICE CUBES

Put partition in tray. Fill with water or other liquid. Place in freezing unit. Let stand until frozen from 4 to 8 hours.

To Remove Cubes—Hold pan upside-down under running water for a moment. Use 1 cup sugar to 1 quart water and fruit juices mixed. Or use Ginger Ale or Root Beer for variety.

To Decorate—Color with vegetable coloring or place a maraschino cherry, candied cherry or cranberry, or any other decoration in each compartment. When frozen, serve in lemonade or any fruit beverage.

FROZEN FRUIT CUBES

Take any canned fruit, alone or in combination; cut fine. If very sweet, add water to juice. Place partitions in trays of mechanical refrigerator, put fruit in each partition, cover with juice, let stand in freezing unit until frozen. Serve with whipped cream, or as a salad with mayonnaise.

PEACHES OR PEARS FROZEN IN CAN

Without opening, pack a tin can of large peaches or pears in ice and salt, 4 parts ice to one of salt, let stand 3 or 4 hours. When ready to serve, turn out, opening can around side, so fruit can slip out easily. Cut in slices and serve with sweetened whipped

cream. Or, place in freezing compartment of mechanical refrigerator and freeze, not too hard.

PINEAPPLE GLACE

Remove label from a tin can of sliced pineapple, let can stand for 2 hours in a bucket finely packed in ice and salt or in mechanical refrigerator. When ready to serve, remove can, cut tin from one end, dip in warm water, remove pineapple and separate slices with a sharp knife and serve with Marshmallow Sauce, page 390.

FROZEN PUDDINGS

FROZEN MIXTURES IN MOULDS

Mixtures to be moulded are frozen without stirring but should be solidly packed in the moulds and covered with buttered paper, butter side up. Fill moulds to overflowing. Pack in ice and salt, 4 parts ice to 1 part salt. Let stand 3 to 4 hours; at serving time remove mould, wipe carefully, and place in a vessel of hot water 1 minute. Remove cover, run knife around edges of cream, invert can on serving dish, and the frozen mixture will slip out. If necessary, wring cloth out of hot water and pass over the mould.

When weather conditions permit, place mould in dish pan well surrounded by snow and leave out of doors until frozen. Adding salt to the snow, hastens the freezing.

FROZEN PUDDINGS FOR MECHANICAL REFRIGERATION

All Frozen Puddings, Mousses or Parfaits in this chapter are made *without stirring* and may be made in a mechanical refrigerator, placing them in the trays in freezing compartment and leaving them there *until they hold their shape.* ½ teaspoon gelatine softened in 1 tablespoon of cold water and dissolved over hot water, to each pint of liquid may be added to produce a firmer texture.

No. 1 FROZEN CHOCOLATE PUDDING

1 cup sugar
4 tablespoons cornstarch
2 cups scalded milk
⅛ teaspoon salt
2 teaspoons vanilla
1 cup cream
2 squares bitter chocolate or ¼ cup cocoa

Mix sugar and cornstarch, add the scalded milk gradually, and cook over hot water for 10 minutes, stirring constantly. Add the chocolate, melted or grated. Cool, add the vanilla and fold in the cream, whipped stiff. Pour into a mould, pack in ice and salt, or in trays of mechanical refrigerator. Let stand until frozen.

No. 2 **FROZEN CHOCOLATE PUDDING**

3 yolks ½ cup milk
2 oz. chocolate, grated ¼ cup sugar
1 pint whipped cream

Stir eggs slightly with sugar, add the milk, and the chocolate, grated or shaved; place over boiling water, let cook until it coats the spoon. Cool, then add the whipped cream. Place in mould pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds it shape.

No. 3

¼ lb. sweet chocolate ½ cup hot water
½ cup sugar 6 eggs, separated
1 pt. cream

Cook the water and sugar to a thin syrup, add chocolate, grated. Pour this gradually on to the 6 beaten yolks, add the 6 whites, beaten stiff; cool, then add the cream whipped stiff. Pour into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

FROZEN MOCHA PUDDING

¾ cup sugar ¼ cup ground coffee
4 tablespoons cornstarch ½ teaspoon vanilla
2 cups scalded milk 1 cup cream

Pour the scalded milk over the coffee, stir gradually over the cornstarch mixed with the sugar. Cook over hot water 20 minutes until smooth and thick, stirring constantly. Strain, cool, fold in cream, whipped, and the vanilla. Pour into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

No. 1 **STRAWBERRY MOUSSE**

1 quart strawberries 1 pint heavy cream, whipped
1 cup sugar 1 teaspoon vanilla

Wash and hull berries, add sugar, let stand 1 hour. Mash and strain. Add ¼ teaspoon salt and vanilla to whipped cream. Combine with strawberries and sugar and fill in two refrigerator pans. Place in freezing compartment for four hours. Other berries or fruits may be substituted for the strawberries but they must be mashed or cut in very small pieces.

No. 2

1 qt. cream 1 cup powdered sugar
½ pint strawberry juice

Whip the cream, add sugar and fruit juice. Put into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

FROZEN STRAWBERRY PUDDING

1 qt. strawberries
½ lb. macaroons
1 cup sugar
4 yolks
1 cup white grape juice or wine substitute

Alternate sugared strawberries and macaroons in a pudding dish. Heat grape juice and pour gradually over the beaten yolks. When slightly cooled pour over the berries and macaroons and mix. Fill into mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

FROZEN CHESTNUT PUDDING

1 cup chestnuts
1 pt. cream, whipped
½ cup sugar
1 teaspoon vanilla
2 tablespoons almond extract

The chestnuts must measure 1 cupful after boiling and put through a press, see Chestnut Vegetable, page 210; add cream, sugar, vanilla and flavoring. Put into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape. Decorate with maraschino cherries and marrons.

FROZEN NESSELRODE

1½ cups sugar
¾ cup water
½ lb. candied fruit, cut fine
2 tablespoons maraschino
4 yolks
1½ cups chestnuts (boiled and put through a ricer)
1 qt. whipped cream

Boil sugar and water to a syrup, cool, add yolks, and put on stove in a double boiler; cook until smooth, stirring constantly; cool again, add the chestnuts, page 210, after straining through a ricer, add all other ingredients. Pour into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

FROZEN CARAMEL PUDDING

1 cup corn syrup or sugar
4 tablespoons cornstarch
2 cups scalded milk
1 scant cup sugar, melted to a brown liquid
½ teaspoon vanilla
1 cup cream

Add the corn syrup to the scalded milk, stir in the cornstarch mixed with a little cold milk, and cook over hot water for 10 minutes, stirring well. Melt one scant cup of sugar in an iron spider until it is a brown liquid, and pour it very gradually into the hot custard. Cool, add the cream, whipped, and the flavoring, pour into a mould, pack in ice and salt, or place in trays of mechanical refrigerator, using only the melted sugar. Let stand until mixture holds its shape.

FROZEN FIG PUDDING

1 dozen lady fingers
1 pt. heavy cream
½ cup powdered sugar
½ lb. figs
¼ cup orange juice or wine substitute

Soak figs, cut in pieces, in orange juice overnight, drain. Line bottom of a quart brick mould with lady fingers, rounded sides down. Cover with ½ of the cream, whipped stiff and sweetened, on top of this spread the drained figs, then the rest of sweetened whipped cream and lastly a layer of lady fingers. Cover with buttered paper, buttered side up. Put on cover, tie securely with string and pack in large pail or dish pan with ice and salt. Let stand 4 or 5 hours.

LALLA ROOKH CREAM

5 egg yolks, beaten
1 cup sugar
1 cup cream
5 whites of eggs
2 tablespoons granulated gelatine
1 pint whipped cream
2 tablespoons maraschino

Cook yolks, sugar and 1 cup cream, in top of double boiler and stir until it coats the spoon, add gelatine (dissolved in a little cold milk), and stir until dissolved, remove from fire, cool, add maraschino, 5 whites of eggs, beaten stiff, and whipped cream. Mix all well together and pour into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape. When serving, decorate with maraschino cherries and some of the cherry juice.

FROZEN PUDDING

1 pt. whipped cream
¼ lb. crystallized cherries
1 doz. crushed stale macaroons
½ slice candied pineapple, cut fine

Add ¼ cup powdered sugar and vanilla or maraschino to taste. Place in mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

MAPLE MOUSSE

1 cup maple syrup
4 eggs, separated
1 pt. cream, whipped stiff
1 teaspoon vanilla

Beat yolks till very light, add syrup and cook over boiling water until it coats the spoon, stirring constantly. Place the dish in a pan of ice and stir until creamy; add vanilla, beaten whites, and whipped cream. Fill mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape. Serve in Schaum Torte or Kisses.

PRALINE MOUSSE

1 pt. heavy cream
½ cup powdered sugar
¾ cup almonds
1 cup granulated sugar

Blanch almonds and roast them in a slow oven, and chop. Place granulated sugar in small hot iron spider and stir until it melts to a light brown syrup. Place chopped nuts on greased inverted dripping pan, pour hot syrup over quickly and let cool, then break into small pieces. Beat cream until stiff, add powdered sugar, a little salt and the broken almond brittle. Turn into mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

BAKED ALASKA

Whites of 6 eggs
6 tablespoons powdered sugar
¼ teaspoon vanilla
1 2-qt. brick of ice cream
Thin sheet sponge cake

Make a meringue, by beating whites of eggs until stiff, add sugar gradually while beating constantly. Then add vanilla. Cover a board with white paper, lay on sponge cake, turn ice cream on cake, having cake extend ¼ inch beyond cream. Cover with the meringue and spread smoothly. Place on grate and brown meringue quickly in hot oven; slip from paper to serving dish.

HARLEQUIN PUDDING

1 qt. cream, whipped
1 cup strawberry jam
30 almonds, chopped
½ cup powdered sugar
9 macaroons
2 oz. chocolate, melted
Pistachio nuts

Sweeten cream with powdered sugar to taste. Divide into 5 parts. Add jam to one; almonds to the second; macaroons dried and rolled to the third; chocolate to the fourth and leave the last plain. Line melon mould with waxed paper, decorate with the nuts blanched and cut fine. Place the different parts in mould in layers. Pack in ice and salt and let stand 7 hours.

FROZEN DIPLOMAT

6 yolks, beaten
1 cup sugar
1 pint cream
6 lady fingers
Orange juice to moisten the lady fingers
2 tablespoons maraschino
⅛ lb. candied cherries
1 pint whipped cream

Separate the lady fingers and sprinkle with orange juice, cut the cherries in half, soak in maraschino. In a double boiler, scald 1 pint cream, stir onto the beaten yolks and sugar. Let cook until

thick, stirring constantly. Cool. Flavor with vanilla, add 1 pint whipped cream, and freeze very firmly. Fill with alternate layers of frozen cream and lady fingers and candied fruit. Have the last layer cream. Bury the mould, well closed, in salt and ice for 3 hours.

FROZEN KISS OR MACAROON PUDDING

1 pint cream, whipped
¼ lb. ground kisses or ¼ lb. macaroons
1 teaspoon vanilla
2 tablespoons maraschino
6 maraschino cherries

Mix and put into a mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape. Add a few maraschino cherries, chopped fine.

FROZEN COFFEE PUDDING

1 quart cream
2 whole eggs, slightly beaten
3 tablespoons Mocha Essence
1 cup sugar

Mix and freeze quite soft shortly before using and serve in glasses with whipped cream and maraschino cherries.

ANGEL PARFAIT

1 cup sugar
½ cup water
3 whites of eggs
½ teaspoon vanilla
1 cup English walnuts, candied pineapple and cherries, chopped fine
1 pt. cream, whipped stiff

Boil sugar and water, stir only until sugar is dissolved, boil until it spins a thread, then pour on well beaten whites, beat until cool, flavor. When cold, stir in gently 1 pint of cream, well whipped and drained, add the chopped nuts and cherries and put in a mould. Pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

PINEAPPLE PARFAIT

1 cup sugar
¼ cup water
6 yolks, well beaten
2 cups grated pineapple
1 teaspoon almond extract
1 pint cream, whipped

Boil sugar and water 5 minutes, stir slowly onto the beaten yolks, place in double boiler, cook until mixture coats the spoon, stirring constantly. Take from stove, place over cold water and beat until cold, then add the extract and the pineapple, made into a smooth, fine pulp and fold in the cream, whipped stiff. Place in mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape.

COFFEE PARFAIT

1 cup sugar
1 cup strong coffee or water
3 eggs, separated
1 teaspoon instant coffee or coffee extract
1 pint cream, whipped

Cook sugar and water or coffee until it spins a thread, then slowly beat it into the beaten yolks, then into the whites of eggs, beaten stiff; if water is used, add coffee flavoring; when perfectly cold fold in the cream, whipped until firm. Place in mould, pack in ice and salt, or place in trays of mechanical refrigerator. Let stand until mixture holds its shape. Serve in parfait glasses. Top with whipped cream.

No. 1 BISCUIT TORTONI

½ cup sugar
⅛ cup water
3 eggs, yolks
Few grains salt
1 teaspoon vanilla
1 cup cream
¼ lb. marshmallows
¼ lb. macaroons

Boil sugar with water until the syrup spins a thread when dropped from tip of spoon. Pour slowly on egg yolks beaten light in top of double boiler, cook, stirring constantly until mixture coats the spoon. Let cool, add vanilla, and the cream beaten until stiff and the marshmallows cut into small pieces.

Pack into individual pasteboard boxes lined with a lace paper border, sprinkle with pounded macaroons and decorate with candied violets and citron leaves. Pack in layers in can of ice cream freezer, with a piece of cardboard between each two cases, and surround can with 2 parts ice to 1 of salt, 4 hours; or freeze in mechanical refrigerator. Serve in the pasteboard boxes.

PEACH TORTONI

1½ cups canned peaches
1½ cups cream, whipped
⅓ cup crumbed macaroons
¼ teaspoon almond extract

Drain peaches, mash to a smooth pulp and fold into the whipped cream. Place in refrigerator trays and when beginning to freeze remove from refrigerator, add macaroon crumbs and extract. Place in individual paper dishes. Return to refrigerator and freeze until firm (about 4 hours).

CHAPTER XXX

All of the materials must be as cold as possible.

For flaky crust the shortening should not be cut very fine.

If paste is covered and thoroughly chilled it rolls more easily.

Never stretch the dough, roll it to the proper size and place on plate loosely.

If *two crusts* are used, the lower one should be brushed with unbeaten white of egg or sprinkled with bread or cake crumbs. The upper crust, pricked with a fork or slashed with a knife for steam to escape, is placed over filling, slightly moistened then pressed around the edge. If fruit is very juicy, put small paper funnel through upper crust to catch overflow of juice, or pin inch wide strips of cotton cloth, wrung out of cold water, around plate. For double crust pies, with *raw* fruit, bake 40 minutes, the first 30 minutes at 450° F., reduce the last 10 minutes to 325° F. For *cooked* fillings, as mince meat, bake 30 minutes. For open cris-cross pies, bake 20 minutes at 450° F. Custard pies 450° F. for 15 minutes, then 30 minutes at 325° F.

If *a baked crust or shell* is desired, invert the pie plate and press edges firmly against the edge of the plate. Prick center of paste with a fork. Bake at 500° F. 10 minutes. For individual pies use muffin tins and lay rolled pastry, cut in rounds 4½ to 5 inches across, over outside.

QUICK PASTRY OR PIE DOUGH

1½ cups flour
½ teaspoon baking powder
½ teaspoon salt
⅓ to ½ cup shortening (any desired fat)
¼ cup cold water (about)

Melt fat, add water and mix with the rest to a smooth dough. Turn on floured board. Cut in two pieces, roll thin to fit plate,

place one on pie tin, sprinkle with bread crumbs if fruit is very juicy; add filling, brush edge with cold water or white of egg. Cut slits in top crust or prick with fork. Lay over the filling, press edges together and trim. Bake in quick oven until brown and crisp.

PLAIN PASTRY OR PIE DOUGH

1½ cups flour (pastry)
½ teaspoon baking powder
½ teaspoon salt
⅓ to ½ cup shortening, (butter or other fat)
¼ cup cold water (about)

Sift flour, salt and baking powder together; work shortening into the flour with a fork or rub in very lightly with tips of fingers (the less it is handled the better). Add cold water very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part thin on floured board, and use for bottom crust. After pie is filled roll out other part for top.

SHORT OR FLAKY PASTRY

1¼ cups flour
¼ teaspoon salt
¼ teaspoon baking powder
¼ cup lard
¼ cup butter
Ice water

Have all the material ice cold. Sift together flour, salt and baking powder. Chop the shortening in the flour till the size of peas and beans. Toss lightly with a knife, adding enough ice water very slowly, to hold dough together. Turn out on a smooth, cold board. Gather with the knife into a square pile. Then pound lightly with rolling pin till well flattened. Roll in an oblong piece ½ inch thick; fold in thirds and roll again; repeat, and after the third rolling it will usually be sufficiently compact to roll thin enough to line a plate. Let stand half an hour or more on the ice before rolling. Sufficient for 1 pie.

PUFF PASTE

1 lb. cake flour
1 lb. butter
A little ice water

All the utensils used should be ice cold. Chill the flour; divide the butter into 3 parts, wash and pat each into a thin oblong pat; wrap 2 of the butter pats in a napkin and place them between pans of cracked ice; with the tips of the fingers work the other butter pat into the flour, keeping plenty of flour between the butter and the fingers; add ice water, using as little as possible to make a smooth paste; toss the paste on floured board, knead just enough to form a ball shape; pat and roll out one-fourth inch thick, keeping paste a little wider than long and corners square; lay one pat of the butter on the paste, dredge very lightly with flour; fold over the paste so as to enclose the butter; roll up like

a jelly roll; pat and roll out one-fourth inch thick; add butter and roll out as above. After all of the butter has been added, fold and roll out 4 or 5 times; the more times it is folded and rolled out the more air will be enclosed and the more puffy it will be. Roll with gentle strokes from center out. When the paste becomes soft, place in a napkin between 2 pans of cracked ice and let it stand until thoroughly chilled. It should be ice cold when put into the oven. Have oven hot, greatest heat coming from the bottom; turn frequently that it may rise evenly; when well risen, decrease temperature of oven.

Puff paste is used for pies, patties, vol-au-vents, and tarts.

RUSSIAN PASTRY

2 lbs. flour—(8 cups)
1 cup sugar
1 teaspoon soda
1 cup sweet oil
2 eggs
1 cup vinegar

Mix into a smooth dough and use for pies or for cookies.

No. 1 COOKIE DOUGH FOR PIES

1 tablespoon butter
1 cup flour
½ teaspoon baking powder
¼ cup sugar
1 egg

Mix dry ingredients. Work in butter with the finger tips; add egg, mix. Toss on slightly floured board and roll ¼ inch thick. This makes enough dough for a large oblong pan; used for apple, cheese, blueberry or any other fresh fruit open pie.

No. 2

2 tablespoons butter
½ cup milk
½ cup sugar
2½ cups flour
1 teaspoon baking powder
1 egg

Mix dry ingredients, add slightly beaten egg to milk and combine the two mixtures. Roll ¼ inch thick, enough for 2 oblong open pies. Fill with any desired fresh fruit and bake until crust is well done and brown.

MUERBE TEIG FOR PIES OR FILLED TORTEN

No. 1

1½ cups flour
4 tablespoons butter
1 teaspoon baking powder
Yolk of 2 eggs
2 tablespoons lemon juice
2 or 3 tablespoons cold water

Cream butter, add egg, a little salt, mix with rest of ingredients. Pat and press the dough ¼ inch thick, into pie tin or spring form with hands. Fill with any desired fruit mixture and bake.

No. 2

3 cups flour (¾lb.)
1 cup butter (½ lb.)
¼ cup sugar
1 lemon
Yolks of 2 eggs
¼ cup cold water

Beat eggs, add the water. Mix butter and flour. Combine the mixtures, adding grated rind, juice of lemon and sugar. Put in cool place to harden.

No. 3

1½ cups butter
1 cup sugar
5 hard boiled yolks of eggs
1 whole raw egg
3 cups flour
¾ lemon, juice
A little mace

Rub the cooked yolks to a paste, add the raw egg. Mix all ingredients and press dough on to pie plates very thin with fingers, since it will be impossible to roll it.

MATZOS PIE CRUST

1½ matzos
1 tablespoon fat
¼ cup matzos meal
2 eggs
⅛ teaspoon salt
2 tablespoons sugar

Soak matzos and press dry; heat fat and add the soaked matzos. When dry add the matzos meal, eggs, sugar and salt. Mix well and press into pie plate with hands as it is impossible to roll this dough. Have dough ¼ inch thick.

CHEESE PASTRY (VIENNA TARTS)

¼ lb. (½ cup) cottage cheese
½ cup butter
1 cup flour

Mix all together into a smooth dough. Cut into small pieces, set aside in a cold place to harden. Roll each piece into squares. In center of each square place 1 teaspoon of jelly or preserves. Pick up the 4 corners, press together to form a square turnover or fold into any desired shape. Bake in a quick oven.

TARTS

Roll Plain Pastry or Short Pastry, page 403, ⅛ inch thick. Shape with a fluted, round cutter, first dipped in flour; with a smaller cutter remove centers from half the pieces, leaving rings ½ inch wide. Brush the larger pieces with cold water near the edge; fit on rings and press lightly. Chill thoroughly and bake 15 minutes in hot oven. Brush top with beaten yolk of egg and teaspoon of water. Cool and fill with jelly or jam.

LADY LOCKS

Cut Puff or other Rich Pastry, page 403, rolled into a thin sheet, into strips about ¾ of an inch wide. Wind this around cone-shaped wooden forms or lady lock sticks, having edges overlap, but keeping the space between the paste quite narrow. Place on a baking-sheet, and bake in a moderate oven. Remove the pastry from the sticks, and fill the hollow centers with heavy cream, sweetened and flavored before whipping.

BANBURY TARTS

Cookie dough
1 cup nuts, chopped
1 cup raisins, chopped
1 cup sugar
1 lemon, juice and rind
1 egg
1 tablespoon butter
1 tablespoon water

Line patty pans with Cookie or Pie Dough, page 404; mix other ingredients together; fill shells and bake until crust is brown.

MACAROON TARTS

Rich pie dough
Jam or marmalade
Whites of 3 eggs
½ lb. powdered sugar
½ lb. grated almonds

Line gem or muffin pans with Rich Pastry, page 403; half fill each tart with any desired preserve, and bake in a quick oven. Beat the whites of eggs to a stiff froth, add the powdered sugar and stir about 10 minutes or until very light, and gradually add the grated almonds. Divide this macaroon paste into equal portions. Roll and shape into strips, dusting hands with powdered sugar in place of flour. Place these strips on the baked tarts in parallel rows to cross each other diagonally. Return to oven and bake in a slow oven about 15 minutes. Let remain in pans until almost cold.

APPLE PIE

No. 1

4 apples, medium size
Flavor with cinnamon, nutmeg, or lemon juice
½ cup sugar
1 or 2 tablespoons water, if apples are not juicy

Pare, core and slice the apples. Line a pie plate with Plain Pastry, page 403. Sprinkle with bread crumbs. Lay in the apples, sprinkle with sugar, bits of butter and spices; slash and prick upper crust, cover and bake in moderate oven 30 minutes at 450° F., then 10 minutes at 325° F., until the crust is brown and the fruit is soft.

No. 2

4 large apples, chopped
¼ lb. almonds, blanched and chopped
¼ cup raisins, seeded
¼ teaspoon cinnamon
1 lemon, juice and rind
¾ cup sugar

Mix all together and stew 5 minutes. Cool. Line a pie plate with Matzos Pie Crust, page 405, or Muerbe Teig, page 404. Place mixture on dough and bake in moderate oven. Beat white of egg very stiff, sweeten and spread on top, brown slightly in oven.

The apples may be flavored with lemon juice, cinnamon or nutmeg, and should be dotted with bits of butter.

LEMON PIE

No. 1

¼ cup flour or cornstarch
1 cup sugar
1 cup boiling water
2 eggs
1 tablespoon butter
Juice and rind of a lemon

Mix sugar and flour, add the boiling water slowly and boil until clear, stir constantly. Add butter, the yolks of eggs beaten lightly and lemon and if desired fold in the stiffly beaten white of 1 egg. When cool, place on baked crust, page 402.

Meringue—Add stiffly beaten white gradually to ¼ cup powdered sugar, spread over top and bake a few minutes to a delicate brown. To avoid "dewdrops" bake meringue 15 minutes at 300° F.

No. 2

2 lemons, juice and rind
5 yolks
1 cup sugar
5 whites of eggs

Beat yolks until light, add sugar, lemon juice and grated rind. Place in double boiler and cook until thick and smooth, stirring constantly. Let cool, fold in ¾ of the whites, beaten until stiff. Place in baked crust, page 402. For the meringue add a little sugar to rest of the beaten whites, spread over top, brown in oven.

No. 3

1 lemon, rind and juice
1 cup sugar
3 eggs, separated
Baked crust, page 402

Mix yolks well with one-half of sugar, add lemon juice and rind and cook over boiling water until thick and smooth, stirring constantly. Cool. Beat whites of eggs, add rest of sugar. Combine two mixtures. Fill into baked crust and brown in oven.

CUSTARD PIE

2 eggs
¼ cup sugar
Speck salt
1½ cups milk, scalded
A little grated nutmeg

Beat the eggs, add the sugar, nutmeg and salt and then stir in the scalded milk. Line the plate with Pastry, page 402, rolled

thin, prick center with fork, have edge extend over the plate about ¼ of an inch. Pinch this up around the edge, bake a few minutes, then pour in the custard. Bake in a quick oven at 450° F. for 15 minutes, then 325° F. for 30 minutes, then decrease the heat. When the knife blade comes out clean, the custard is cooked.

CARROT PIE

Add 1 cup of grated carrot, with the juice pressed out, to a custard pie, recipe, page 407. Flavor with lemon extract and add 3 extra tablespoonfuls of sugar. Bake in one crust as custard pie.

CHOCOLATE PIE

No. 1

4 eggs, separated
1 cup sugar
¼ lb. sweet chocolate, grated
1 teaspoon vanilla

Stir yolks very thoroughly with sugar. Add vanilla and chocolate and mix. Then add a little milk and the whites beaten stiff. Fill in a pie plate, lined with Pastry, page 403, and bake 15 minutes at 450° F., then 30 minutes at 325° F. Cover with whipped cream before serving.

No. 2

3 eggs, separated
1 cup sugar
2 oz. chocolate
¼ cup cornstarch
1 tablespoon butter
1 cup milk
1 teaspoon vanilla
Speck of salt
Whipped cream

Melt chocolate in upper part of double boiler, add milk, a speck of salt and cornstarch mixed with a little cold water, and cook until smooth and thick, stirring constantly, add butter. Mix the yolks of eggs and sugar together and pour the hot mixture over them, stirring well; put back in double-boiler and cook, stirring constantly, one minute. Remove, and when cool, add 1 teaspoonful of vanilla. Lastly fold in the stiffly beaten whites. Place in pastry shell, that was baked a delicate brown over an inverted pie pan. When ready to serve cover with sweetened whipped cream.

COCOA PIE

⅓ cup cocoa
¼ cup cornstarch
Speck salt
½ cup sugar
2 cups hot water
1 teaspoon vanilla

Mix dry ingredients in double boiler, add water, stir and cook about 15 minutes or until thick and smooth. Pour in pastry shell, baked over inverted pie tin 12 minutes at 500° F. Spread halved marshmallows over top, return to oven and brown slightly.

BUTTERSCOTCH PIE

1½ cups water
1½ cups brown sugar
½ teaspoon salt
½ tablespoon butter
3 tablespoons cornstarch
2 tablespoons flour
2 egg yolks
1 teaspoon vanilla

Add water to brown sugar and bring to the boiling point in a double boiler. Mix together cornstarch, flour, salt, and 2 tablespoons sugar, add enough cold water and make a smooth paste. Add to the first mixture, bring to the boiling point, and then cook over boiling water 15 minutes or until it thickens. Beat egg yolks slightly, add cooked mixture and cook 1 minute. Add butter and flavoring. Pour into baked pastry shell, page 402, cover with meringue, page 407, made from 2 egg whites beaten stiff and sweetened with ¼ cup powdered sugar. Return to oven and brown slightly.

PUMPKIN PIE

No. 1

1½ cups strained and mashed pumpkin
¼ cup syrup
¼ cup brown sugar
2 beaten eggs
½ teaspoon salt
⅓ teaspoon ginger
2 cups milk

Mix in order given and turn into a deep pie plate lined with Plain Pastry, page 402-405. Pumpkin should be dry and mealy. Bake in hot oven 40 minutes, 450° F. the first 15 minutes, then reduce to 325° F. Bake until a knife inserted in the center will come out clean.

No. 2

1 cup steamed or baked and strained pumpkin
¼ cup sugar
½ teaspoon salt
¼ teaspoon cinnamon
⅛ teaspoon mace
½ teaspoon vanilla
1 egg and 1 yolk
½ cup milk
½ cup cream
Grated lemon, juice and rind

Mix dry ingredients, add pumpkin and lightly beaten eggs, and the milk and cream gradually. Bake until firm in a pie plate lined with Plain Pastry, page 403.

To Bake Pumpkin or Squash for Pie—Wash and cut in half, crosswise. Scrape out seeds and stringy parts. Place in dripping pan, shell side up and bake until it begins to fall in and is tender. Scrape pulp from shell, strain. If wanted more dry, finish by turning, being careful not to have fire too hot.

COCOANUT PIE

½ cup shredded cocoanut
3 eggs, separated
½ cup sugar
2 cups scalded milk

Beat yolks with the sugar, a speck of salt, add whites beaten until light and stir in the hot milk. Bake in a deep pie plate with undercrust only. If desired, mix ½ tablespoon cornstarch with the sugar and use only 2 eggs. Bake as Pumpkin pie, page 409.

CURRANT PIE

1 cup fresh, ripe currants
1 cup sugar
¼ cup flour
2 yolks
1 tablespoon water
2 whites of eggs

Line pie plate with Plain Pie Dough, page 402. Wash the currants, stem, measure; mix with sugar and flour, add water, beat yolks slightly, and combine the mixtures. Turn in lined pie plate and bake in moderate oven until set. Mix the beaten whites with 4 tablespoons sugar and spread over the top. Return to oven to brown slightly.

RHUBARB PIE

3 cups rhubarb
1½ cups sugar
2 tablespoons cornstarch
1 egg, slightly beaten

Line a pie plate with Cookie Dough, page 404. Cut rhubarb in ¼ inch pieces; roll in cornstarch. Mix all together, turn into lined pie plate. Bake in a moderate oven 45 minutes, 30 minutes at 450° F., then reduce to 325° F.

Mix equal parts rhubarb and strawberry for variety.

RAISIN PIE

2 cups seeded raisins
½ cup sugar
1½ cups boiling water
2 tablespoons lemon juice
Grated rind of ½ lemon
2 tablespoons cornstarch
1 orange, juice
Grated rind of ½ orange
1 cup chopped walnuts
½ teaspoon salt

Cook raisins in boiling water 5 minutes. Mix sugar and cornstarch, add to the raisins and cook until thick, about 5 minutes. Remove from fire and stir in the rest, walnuts if desired.

Bake between two crusts, using Plain Pastry, page 403.

CRANBERRY PIE

Make Cranberry Sauce (page 333), using 1 cup water. Add rind of ½ lemon, and ⅛ teaspoon cinnamon. Line a pie plate with Plain Pastry, page 404, put in cooked cranberries and put 1-inch strips of the pastry over the top, criss-cross, leaving inch square spaces between. Bake 20 minutes at 450° F.

MOCK CHERRY (CRANBERRY) PIE

1 cup cranberries
½ cup raisins, seeded
1 teaspoon butter, melted
¾ cup sugar
1 tablespoon flour

Cut cranberries in halves; raisins, in pieces. Add the rest and bake in moderate oven between two crusts 40 minutes.

No. 1 MINCE MEAT FOR PIES

3 lbs. meat, chopped
1½ lbs. beef suet, chopped
6 lbs. apples, chopped
3 lbs. raisins, seeded
2 lbs. currants
1 lb. citron, chopped fine
½ rind of lemon and orange
1 oz. cinnamon, ground
½ oz. cloves
1 nutmeg, grated
3 lbs. brown sugar
1 qt. boiled cider
1 qt. molasses
Salt to taste

Cook all together 2 hours and seal in glass cans.

Bake between two crusts 20 minutes at 450° F., then reduce to 325° F. for 10 minutes more.

No. 2

2½ lbs. fresh boiled tongue, skinned, chopped fine or
2½ lbs. beef rump, chopped
2 lbs. sugar
1 orange peel, cut fine
1 nutmeg, grated
2 lbs. raisins
½ lb. currants
1 lb. citron, cut fine
⅛ oz. cloves, mace and allspice
½ oz. cinnamon
1 qt. fruit juice
1 pt. of cider

Mix all dry ingredients. Put in a preserving kettle with cider and fruit juice and cook slowly about 2 hours; put away in glass jars. When ready to bake pies, add an equal measure of chopped apples and tablespoon of chopped suet to each pie. Pecan nut meats may also be added.

For Mock Mince Pie see page 572.

APPLE, PEACH OR PLUM PIE OR KUCHEN

Cover a well greased oblong tin as thin as possible with raised Kuchen Dough, page 417, or with Cookie Dough, page 404. Core, pare and cut 4 or 5 apples in eighths. Lay them in parallel rows on top of the dough and sprinkle with sugar and cinnamon. Beat the yolk of an egg, add 3 tablespoons cream, and drip around apples. Bake 20 or 30 minutes in hot oven, or until crust is well baked and apples are soft. Peaches or plums may be used in place of the apples; pare the peaches, cut in halves and remove the stones. If plums are used, wipe carefully, cut in halves and remove the stones.

Or, dip each piece of apple, peach or plum in melted butter before placing in rows on the dough. Sprinkle plentifully with sugar, add a little cinnamon and bake in hot oven until fruit is soft and crust well browned underneath.

CHERRY PIE OR KUCHEN

1 qt. ripe cherries
1 yolk of egg
3 tablespoons cream
½ cup sugar

Wash, stem and stone cherries.

Place thin layer of Kuchen Dough, page 417, or Cookie Dough, page 404, or Pastry, 403, on shallow pan, sprinkle top with bread crumbs. Spread cherries over evenly. Sprinkle with sugar and cinnamon. Beat yolk well, add the cream and cherry juice and pour over all. Bake in a hot oven until well browned at the bottom. 1 cup of pecan nut meats may be added.

BLUEBERRY PIE OR KUCHEN

No. 1

1 qt. blueberries
¼ cup sugar
2 tablespoons lemon juice
3 tablespoons cream
Yolk of 1 egg
Cinnamon

Wash and pick over blueberries, line pie plate with a thin layer of Kuchen Dough, page 417, or Cookie Dough, page 404, sprinkle with bread crumbs. Add the berries, sprinkle with sugar, not too much, and cinnamon, lemon juice, or vinegar, and over all the yolk of an egg beaten with cream. If unripe grapes or currants can be obtained, strew around in place of the lemon juice.

No. 2

1 qt. canned blueberries
1 cup berry juice
¼ cup sugar
1 egg
1 teaspoon butter
1 tablespoon cornstarch
1 tablespoon lemon juice

Mix sugar and cornstarch; wet with a little of the berry juice, add butter, the egg, slightly beaten and the rest of the juice. Cook until it coats the spoon. Remove from fire and add the vanilla.

Line a pie plate or oblong shallow pan with thin layer of Kuchen Dough, page 417, or Cookie Dough, page 404. Sprinkle top with a few bread crumbs. Add blueberries, a tablespoon of lemon juice or a little vinegar, sprinkle with a little cinnamon. Place on dough, add the cooked custard. Place in hot oven, and bake until the bottom is well browned.

CHEESE PIE OR KUCHEN

No. 1

2 tablespoons butter, melt and add to cheese
1 lb. (1 pt.) cheese, press dry and put through colander several times
1 cup sugar
2 tablespoon cornstarch
1 cup cream
Rind of a lemon
Juice of ½ lemon
3 eggs

Dissolve the cornstarch in the cream. Beat yolks with sugar. Mix all together, beaten whites last. Line a spring form with Cookie Dough, page 404. Pour in the mixture. Bake in a moderate oven, 350° F., 1 hour or until set.

No. 2

1¼ lbs. cottage cheese
4 tablespoons cornstarch
5 yolks of eggs
1 cup sugar
1 pint thick, sour cream
5 whites of eggs, beaten stiff

Press cheese dry, put through ricer, add cornstarch, a little salt. Mix and stir in yolks, add cream, beating well until all is smooth. Add sugar and fold in the beaten whites of eggs. Place at once in spring form, lined ¼ inch thick with Cookie Dough or Muerbe Teig, page 404, place in moderate oven, 350° F., bake 1 hour or until well set and browned at bottom.

No. 3

1½ cups cottage cheese
2 tablespoons flour
2 tablespoons cream
3 eggs
¾ cup sugar
1 tablespoon butter, melted
½ teaspoon vanilla
¼ cup currants
¼ lb. blanched almonds, cut fine

Line a pie plate or shallow pan with Cookie Dough, page 404, or Kuchen Dough, page 417.

Rub cheese through colander, add pinch of salt, the flour and cream, mix well. Separate the eggs. Beat yolks lightly, add sugar and butter, stir well and mix with the cheese. Add currants, vanilla and lemon rind and the beaten whites lastly. Place mixture on dough and bake 1 hour in a moderate oven, 350° F., until well set and the crust well browned at the bottom.

No. 4

2 tablespoons butter
2 cups sugar
5 yolks
1 qt. cottage cheese
1½ tablespoons flour
Grated rind of 1 lemon
5 whites of eggs

Line a spring form with Kuchen Dough, No. 1, page 417, rolled ¼ inch thick. Fill with the following: Cream butter and sugar, add yolks and beat until light; add cheese which has been pressed through colander several times until very fine. Add flour and lastly the beaten whites of eggs. Sprinkle top with finely grated almonds, sugar and cinnamon.

See Cheese Torte, page 471.

FRESH FRUIT PIE

Roll Plain Pastry ¼ inch thick. Bake on inverted tin, page 402. When cool and ready to serve, fill with 1 quart strawberries or other fresh fruits, as pineapple, orange or banana. Sprinkle with sugar and let stand in ice chest several hours. Drain slightly, fill in pie shell and cover with Boiled Frosting, page 434, and brown slightly, or with whipped cream, sweetened and flavored.

Or fill ⅔ full with Cream Custard (Filling, page 437), lay any fresh berry or sliced fruit carefully over top, brush with a thin coat of Apricot Glaze, page 335. Add second coat when hard.

PRUNE FILLING FOR PIE OR KUCHEN

½ lb. prunes
½ cup sugar
1 tablespoon lemon juice

Boil prunes, following directions, page 334. Stone and rub through colander. Mix well with juice, add sugar to taste and flavor with lemon or orange juice or rind or cinnamon. Use mixture for Pie or Kuchen fillings and in place of preserves in Turnovers or Kipfel, page 420. If used for pie, have upper crust or add whipped cream sweetened and flavored.

GINGERBREAD FILLING FOR KUCHEN

1 cup stale gingerbread grated
Sugar to taste
Rind of ½ lemon
1 teaspoon molasses or syrup
Sprinkling of cinnamon
2 tablespoons melted butter

Grated Leb Kuchen may be used in place of gingerbread or Gingerbread for Fillings, below. One cup each of seeded raisins

and currants may be added, if desired, also a little citron and a few almonds, each cut fine. Spread thick on thin layer of Kuchen Dough, page 417, and use for Spice Roll, page 424, or as a garnish for Boiled Noodles.

GINGERBREAD FOR FILLINGS

5½ cups flour
1 pt. New Orleans molasses
1 cup warm water
1 tablespoon soda
2 tablespoons butter or goose oil

Place flour in bowl; make cavity in center. Add molasses, butter or goose oil, soda dissolved in the warm water.

Mix well and beat thoroughly, about 20 minutes. Pour into buttered bread pans and bake in a moderately hot oven about one hour. Will keep for months in a dry place.

When stale, grate and use as a garnish for Noodles and Dumplings, page 235, a filling for Spice Kuchens and as a flavor for Sweet and Sour Sauce, No. 3, page 124.

POPPY SEED FILLING FOR PIE OR KUCHEN

No. 1

1 cup black poppy seed
1 cup milk
2 tablespoons butter
2 tablespoons honey or syrup
½ cup chopped almonds
Rind of ½ lemon
1 tablespoon chopped citron
¼ cup seedless raisins
¼ cup sugar
1 tart apple, grated

Grind poppy seed and boil with milk and all other ingredients but apple, until thick. If not sweet enough, add sugar. When cool add apple or ¼ cup currant or raspberry jelly or jam. Use mixture for Kuchen Roll, page 424, Pie or Turnovers, page 420.

No. 2

1 cup ground poppy seed
6 eggs
¾ cup sugar
1 lemon rind, grated
¼ cup almonds, blanched and pounded
6 bitter almonds, pounded

Separate eggs, mix ingredients in order given, beaten whites of eggs last; use for Kipfel, Turnovers, page 420, Pie or Kuchen, page 424, in place of fruit or preserves.

NUT FILLINGS FOR KUCHEN

No. 1 3 tablespoons butter
½ cup sugar
½ cup almonds, blanched
Grated rind of half a lemon
1 egg, slightly beaten

Cream butter and sugar, add grated almonds, lemon rind and only enough egg to make a paste. Spread over greased thin layer of Kuchen Dough, page 417, roll and bake as Poppy Seed Kuchen, page 424.

No. 2 2 cups grated walnuts
¼ cup sugar
¼ cup syrup or honey

Mix all together well, add enough syrup or honey to make a paste. Spread over greased thin layer of Kuchen Dough, page 417. Roll and bake as Poppy Seed Kuchen, page 424.

No. 3 1 cup of chopped blanched almonds
1 cup of zwieback or cookie crumbs
1 cup of seedless raisins, chopped
2 tablespoons sugar
2 tablespoons cream

Mix all together well, sweeten to taste with just enough cream to spread well.

STREUSEL FOR TOP OF COFFEE KUCHEN

2 tablespoons flour
2 tablespoons butter
4 tablespoons sugar
½ teaspoon cinnamon

Mix together, by rubbing well with the hollow of the hands, until small grains are formed. Add a few pounded almonds.

Sprinkle over top of Coffee Kuchen, page 417, that has been brushed with melted butter.

CUSTARD FOR FRUIT KUCHEN

No. 1 1 yolk of egg
3 tablespoons cream
Sugar and cinnamon
2 tablespoons almonds sliced or ground

Beat the yolks slightly, add the cream, mix well, spread well over top of Coffee Kuchen, page 417, sprinkle thickly with sugar and cinnamon, and add the almonds, if desired. Let raise and bake. Use also with fruit Kuchens, page 411, dripping it over the fresh fruit before baking.

No. 2 1 lemon, juice and rind
½ cup sugar
1 tablespoon flour
4 eggs
½ cup cream

Beat sugar and yolks of eggs until light; add flour, cream and lemon and lastly the beaten whites of eggs.

This is enough custard to pour over two large open fruit kuchens, or over a deep fruit torte.

CHAPTER XXXI

KUCHEN (COFFEE CAKE)

No. 1 **KUCHEN DOUGH**

1 pint scalded milk
½ to ¾ cup butter
½ to 1 cup sugar
1 teaspoon salt
6 cups flour
1 egg or yolks of 2
1 oz. compressed yeast
Grated rind of ½ lemon

Warm bowl and flour. Crumble the yeast in a cup with a teaspoon of sugar, and ½ cup of scalded milk cooled until lukewarm. Let stand in a warm place to rise. To the rest of the scalded milk add the butter, sugar, salt, a little nutmeg, grated, and when lukewarm, the beaten yolks of the 2 eggs; stir in the yeast and some flour, and only enough more to knead, until smooth and elastic. Cover closely and let rise double its bulk. Cut dough, roll, let stand covered a while, shape, place in pans, let rise again and bake. Use the larger amounts of butter, sugar and egg yolks for richer dough.

To freshen Kuchen, place in a hot oven a few minutes before using; or cut into slices ½ inch thick and toast in the oven.

No. 2

1 cup butter, softened
1 cup sugar
4 eggs
1 teaspoon salt
8 cups flour
1 oz. compressed yeast
1 pint lukewarm milk
Grated rind of ½ lemon

Crumble yeast in the bowl, add the lukewarm milk, and a cup of the flour and set aside to rise in a warm place. Cream the butter, add the sugar and the egg, stir well, then add the rest of the flour and the yeast mixture alternately. Mix well, add only enough more flour to knead, and knead until the dough is smooth and elastic. Set aside in a warm place to double its bulk and form into any desired shapes, let rise again and bake.

No. 3

1 cup butter
½ cup sugar
3 eggs
4 cups flour
Grated rind of ½ lemon
1 cake yeast dissolved in
1½ cups lukewarm milk
1 teaspoon salt

Cream butter and sugar, add eggs, one at a time, salt, lemon, the dissolved yeast and the flour, gradually, and knead until smooth and elastic. Cover and let rise in a warm place, until double its bulk (overnight). Toss on board, form into any desired shape, let rise again and bake.

KUCHEN DOUGH WITH DRY YEAST

2 cakes dry yeast in ¼ cup lukewarm water
2 cups scalded milk, cooled
½ to ¾ cup butter
1 teaspoon salt
½ to 1 cup sugar
2 to 4 eggs, slightly beaten
Grated rind of ½ lemon
8 cups flour, about

Soak yeast in the evening in lukewarm water 20 minutes or until softened. Cream butter, sugar and salt, stir in eggs, lemon rind, 2 or more cups flour, milk and the soaked yeast. Work in enough more flour to make a dough somewhat softer than for bread. Knead until smooth and elastic. Cover closely, let rise overnight or until fully doubled in size. Keep, if possible, at 70° F. In warm weather use only ½ amount of yeast. Next morning, shape at once as desired, let rise and bake as usual or knead down and let rise again. Use the larger amounts of sugar and butter for richer Kuchen dough.

PLAIN COFFEE KUCHEN

Make any desired Kuchen Dough, above. When light, spread in shallow buttered pan ½ inch thick. Cover and let rise again. Before baking, melt 2 tablespoons butter, spread over dough, sprinkle with sugar, cinnamon and chopped nuts or with Streusel, page 415. Bake 15 to 20 minutes in a moderate oven, 350° F.

CURRANT BUNS

Prepare Kuchen Dough, page 417, adding raisins when kneading first time. When light, shape into smooth balls. Place close together in lightly greased tin. Brush tops with butter. Cover well. Let rise until fully 2½ times original size. Bake about 20 minutes in moderate oven 350° F. Glaze top before removing from oven with ½ cup milk sweetened with 1 tablespoon of sugar.

HOT CROSS BUNS

Prepare like Currant Buns. When half risen in pans cut two gashes at right angles across tops of buns. Let rise until 2½ times original bulk, then bake like Currant Buns. While still warm fill gashes with white frosting, page 431.

TURNOVERS, KIPFEL OR POCKETBOOKS

Make Plain Pastry, page 402, or Cookie Dough, page 404, or Kuchen Dough, page 417, and when raised, roll out ¼ inch thick, cut into 3-inch squares and place 1 tablespoon jam or any desired Pie or Kuchen Filling, page 413 to 415, in center of each square. Catch the 4 corners of each square, lift up over the filling and pinch together on top and at corners that the juice shall not escape or wet top edges of the squares, take hold of one corner and fold

and pinch it to the opposite corner, forming a three-cornered little pie, or place filling on lower half of square and fold over the other half, pinch the edges well together.

Lay in greased pan and if Kuchen Dough is used let stand in warm place to raise and then bake in a moderately hot oven at 350° F. until well done and browned.

KUCHEN TARTS

Roll a piece of raised Kuchen Dough, page 417, 1 inch thick on floured board, cut with biscuit cutter, and place close together in a buttered pan. Let rise until very light. Dip fingers in flour and make a cavity in center of each biscuit, and drop in a bit of jelly or preserves. Bake 15 to 20 minutes at 350° F.

PURIM CAKES (Haman Pockets)

Take Cholla Dough, page 58, roll out ¼ inch thick, cut into 4-inch rounds, brush with oil, spread Poppyseed Filling, page 415, or Cheese Filling, page 248, on top of each round. Fold over edge to form a three-cornered cake. Brush top with warm honey, let raise, and bake in a moderate oven, 350° F., until golden brown.

BOHEMIAN KOLATCHEN

Make Kuchen Dough, pages 417 and 418. Add a little cinnamon and mace and 1 teaspoon anise seed, well pounded. Let rise till very light, roll out on mixing board ½ inch thick. Cut in 3-inch rounds, lay on a well-buttered pan, pressing down the center of each so as to raise a ridge around the edge. Place 1 tablespoon Prune Filling, page 414, or jam in center of each cake. When well risen, brush top with stiffly beaten white of an egg, sprinkle with granulated sugar. Bake in a hot oven at 375° F.

BUTTER HORNS

Make Kuchen Dough No. 3, page 417, cut in 10 pieces, roll ¼ inch thick, in 9-inch rounds. Brush well with softened butter, then with Nut Filling, page 416, or with almond paste, softened with sugar and cream. Cut each round into 6 equal parts through center. Roll from long end to opposite point. Curve each roll into crescent shape. Place in greased tin, let rise again, until light, about 2 hours. Bake in a moderate oven at 350° F. While still warm, cover with Plain Icing, flavored with almond extract, page 431.

PLAIN CINNAMON ROLLS

Make Kuchen Dough, pages 417, 418. When light, roll ¼ inch thick, into an oblong sheet about 9 inches wide. Brush well with melted butter. Sprinkle with sugar, cinnamon, half a cup of seed-

less raisins. Roll up like jelly roll. Cut into inch pieces. Brush sides with melted butter. Place close together flat side down in shallow buttered pan. Brush tops with butter, sprinkle with sugar and cinnamon, when light, bake about 25 minutes, 350° F.

CARAMEL CINNAMON ROLLS

Prepare Cinnamon Rolls as above. Place 3 tablespoons melted butter in heavy skillet, cover with thick layer of brown sugar, sprinkle with broken pecan meats or sliced almonds. Place rolls, sides brushed with melted butter, close together, flat side down in pan. Let rise until doubled in size. Bake at 350° F. about ½ hour. Invert pan, remove rolls at once. Serve caramel side up.

PECAN ROLLS IN MUFFIN PANS

Kuchen Dough No. 2 or 3
½ cup seedless raisins
¼ lb. pecan nut meats
Sugar and cinnamon
½ cup melted butter
¾ cup brown sugar

Roll dough, page 417 or 418 into oblong sheet ½ inch thick. Spread well with melted butter, sprinkle with sugar and cinnamon and raisins (or blueberries in season, rolled in sugar, cinnamon and a little flour). Add chopped nuts if desired. Roll as for Jelly Roll, pinching outer edge. Cut into 1-inch slices. Prepare muffin pans, by placing 1 teaspoon melted butter in bottom of each cup, cover with 1 tablespoon brown sugar. Press 5 pecan halves, rounded side down on sugar. Place cut rolls, flat side down, on this. Cover, let rise until more than doubled in size. Bake about 25 minutes, in moderate oven at 350° F. the first 15 minutes, then reduce to 325° F. until well baked. Remove from pan at once, replace any pecans if necessary and let cool, bottom side up. Will make 3 dozen rolls.

BOHEMIAN COFFEE CAKES

1 cake compressed yeast
1 tablespoon lukewarm milk
1 tablespoon flour
¾ cup (6 oz.) butter
2 eggs, separated
3 cups (¾ lb.) flour
½ cup cream
1 cup sugar
¼ lb. almonds, blanched and ground fine

Dissolve yeast in 1 tablespoon each of milk and flour. Let stand until light. Cream butter well, add yolks, cream, dissolved yeast and remaining flour. Mix and beat until smooth. Roll dough very thin into oblong sheet. Cut in 2½-inch squares. Spread teaspoon Filling (below) in center of each square. Fold over in oblong or three-cornered shapes, pinching edge well together. Place in pan, let stand 1 hour, bake 10 minutes at 400° F. Spread while warm, with Icing, page 431, flavored with lemon juice and vanilla.

Filling—Beat egg whites stiff, add sugar, almonds and mix well.

COLD WATER SCHNECKEN

5 yolks of eggs
1 cup butter
1 cup lukewarm cream
1 cake yeast (½ oz.)
3 cups flour
¼ cup granulated sugar
1 cup almonds, chopped

Dissolve the yeast in cream. Cream butter, add yolks, gradually, then cream with yeast and the flour. Beat all together until dough leaves the bowl. Set bowl with dough into a bowl of cold water for 3 hours or on ice overnight. Dredge board with the sugar and almonds. Toss dough on board, roll out very thin. Roll up like jelly roll and cut in ½ inch slices. Place in pan, cut side down. Set in warm place for 1 hour to raise. Bake light brown in moderate oven, 350° F. Watch carefully.

FILLED WALNUT KIPFEL

1½ cups (¾ lb.) fresh butter
4 cups (1 lb.) flour
1 cake yeast
1 teaspoon vanilla
½ cup cream or milk
5 eggs, separated
½ cup sugar

Add to the beaten yolks, the sugar, vanilla and ½ of the cream. Dissolve the yeast with the rest of the cream (lukewarm). Add a little flour, let stand to raise. Rub the butter into the flour, combine the three mixtures, add more flour if necessary. Roll the dough quite thin, cut into small squares, place a small portion of filling, below, in each square. Roll, beginning at one corner, and form into crescent shapes; place in pan and frost with the beaten whites of the 5 eggs. Let rise 2 or more hours, bake 30 minutes in a moderate oven at 350° F.

Filling—1 pound chopped walnuts, the juice of 1 lemon and sugar to taste, or grind the nuts, add cream to make a paste, sugar to taste and flavor with vanilla.

SOUR CREAM KIPFEL

4 cups (1 lb.) flour
1 cup (½ lb.) sweet butter
¾ cup sour cream
⅓ teaspoon cinnamon
2 eggs (raw)
¼ lb. almonds, chopped
2 tablespoons sugar

Mix flour, butter, sour cream and 2 raw yolks together and put in icebox overnight. Then roll it out and fold it at least four times, then roll it out as thin as pie crust, cut into 2-inch squares. Put a teaspoon of jam on each, fold over the corners, press edges together, spread top with the beaten white of the 2 eggs, sprinkle with sugar, cinnamon and chopped almonds. Bake at 350° F.

RUSSIAN TEA CAKES

1 cup sugar
1 cup eggs, about 5
1 cup sour cream
Flour to roll
¾ lb. brick butter, sliced
1 cup chopped almonds

Mix eggs, sugar and cream with enough flour to roll. Toss on board, roll out ¼ inch thick, three times as long as wide, spread a thin layer of the butter over ⅔ of the dough, fold unbuttered part over ½ the buttered part, the remaining ⅓ over this making 3 layers with butter between, roll and spread again with butter; fold 3 or 4 times. Then place dough in a bowl, cover, and let stand on ice to harden. Then roll as thin as possible, strew with chopped almonds, sugar and cinnamon, and cut into 7-inch strips. Roll each strip separately into a roll, cut into squares and strew top with chopped almonds, sugar and cinnamon. Bake in a hot oven at 375° F.

SOUR CREAM KOLATCHEN

½ cup butter
5 eggs, separated
2 tablespoons sugar
Grated rind of a lemon
1 cup thick sour cream
1 oz. yeast dissolved in 2 tablespoons lukewarm milk
3 cups flour
¼ lb. raisins or candied cherries

Cream the butter, add egg yolks, sugar, lemon rind and sour cream and the yeast dissolved with a little sugar in the lukewarm milk. Stir all together and add the flour; mix and drop from end of teaspoon on well greased pans. Let rise until light in a warm place. Place a raisin or cherry on the top of each cake, spread with beaten white of egg, sprinkle with sugar and bake 10 minutes in a hot oven at 375° F.

ICE KOLATCHEN

Dough No. 1 (Rich Pastry)

1 cup (¼ lb.) flour
1⅛ cups (9 oz.) butter

Have all materials and utensils ice cold. Chop or rub the butter in the flour, then work into a dough. Set in a cool place to harden. Then prepare **Dough No. 2.**

2 cups (½ lb.) flour
½ cup lukewarm cream
1 egg and yolks of 2
1 tablespoon (½ oz.) sugar
Rind of ½ lemon
1 cake (½ oz.) yeast
½ teaspoon salt
A little nutmeg, grated

Dissolve yeast in cream, add sugar, eggs and the rest. Beat until smooth. Let rise until doubled. Roll out Dough No. 1 and Dough No. 2, ¼ inch thick, place Dough No. 1 on top of Dough No. 2, pat and roll out together three times as long as wide. Fold dough in 3 layers; pat and roll. Repeat twice, turning the paste

half way around each time before rolling. Now fold in a dampened napkin and set in a cool place overnight to chill. Next morning, roll the dough again, cut into 3-inch rounds, place on floured board and let rise several hours in a warm place until light. Place a teaspoon of raspberry jam on lower half of each, then fold over the other half and press edges together, moistening edges with water or white of egg. Brush remaining whites of 2 eggs stiffly beaten all over top and sides of Kolatchen and roll in granulated sugar. Bake in a moderate oven at 350° F.

No. 1 **STOLLEN**

2 lbs. (2 quarts) flour
1 pint lukewarm milk
1 teaspoon salt
1 oz. (2 cakes) yeast
1 cup sugar
4 whole eggs
1 lb. butter, softened
¾ lb. raisins
½ lb. chopped almonds
Grated rind of 1 lemon

Set the yeast with the lukewarm milk, and stir in 1 cup flour. Let stand in a warm place to raise. Cream the butter with the sugar, add the eggs, one at a time, and beat well. Add the lemon rind, combine the two mixtures, add flour, a little nutmeg, and knead until smooth and elastic. Sprinkle a little of the flour over the dried fruits. Mix and add to the dough. Let rise until double its bulk. Toss on floured board. Divide into three or more loaves. Roll out slightly, spread top with melted butter, press down the center with a rolling pin, and fold over double into one long loaf. Brush melted butter over the top, let rise till double its bulk and bake in a moderate oven about 350° F. for about 45 minutes, well done. When slightly cool, brush with Plain Icing, page 431.

No. 2

1 quart milk
4 oz. yeast
1 pound butter
1½ cups sugar
10 eggs
1 teaspoon salt
Grated rind of 1 lemon
8 cups flour
1 cup seeded raisins
1 cup dried currants
1½ cups orange peel and citron, cut fine
1 cup blanched, chopped almonds

Proceed as per directions for No. 1, above.

YEAST KRANTZ (Coffee Cake Ring)

Prepare Kuchen Dough No. 3, page 417, add ¼ cup raisins; let rise in warm place, until doubled in bulk.

Divide into 3 or 4 equal parts, roll each part into a long strand and work the strands together to form one large braid. Place braid in form of a circle in greased baking pan or twist the braid to resemble the figure 8, pretzel shape. Let rise again in a warm

place and bake in a moderate oven, 350° F., ½ hour or until thoroughly done. Brush with beaten egg and sugar, sprinkle with a few chopped almonds. Return to oven to brown slightly.

KUCHEN ROLL OR KUGELHOPF

Kuchen Dough, No. 1 or 2 — ¼ cup melted butter
¼ cup seeded raisins — Sugar and cinnamon

Roll 1 pound of raised Kuchen Dough, pages 417, 418, ½ inch thick on floured board; brush well with melted butter, sprinkle well with sugar, add a little cinnamon, the raisins. Begin at one end and roll into a long roll. Place in a well greased long pan or round form with tube in center. Let rise to double its bulk and bake in a moderate oven at 350° F. until thoroughly done. When baked, brush top and sides with melted butter and sprinkle with sugar.

POPPY SEED ROLL OR MOHN KUCHEN

Kuchen Dough, No. 1 or 2 — Poppy seed filling

Take about ½ of the recipe for Kuchen Dough, No. 1 or 2, page 417. When raised, roll quite thin and spread evenly over the top; the Poppy Seed Filling, Nos. 1 or 2, page 415, start at one side and roll over and over, into a long roll. Place in long pan or round form with tube in center, let raise twice its bulk. Spread top with melted butter, and bake slowly at 335° F. until done.

NUT OR SPICE ROLL

Make same as Poppy Seed Roll, using Gingerbread or Nut Fillings, pages 414, 416, in place of the poppy seed mixture.

No. 1 BUNDT KUCHEN

1 cake yeast (½ oz.) — 1 cup lukewarm milk
1 cup flour

No. 1—Set the yeast with a cup of the flour and the milk, and let rise in warm place, and then proceed with the following:

½ cup butter — 2 cups flour
1 cup sugar — 4 eggs
Rind of lemon

No. 2—Beat the butter to a cream, add the sugar, eggs, one at a time, rind of a lemon, a little grated nutmeg. Now mix part 1 and 2, and add the remaining flour, a little more if desired. Have round, deep pan with center tube well greased. Place dough in pan, let rise very light, and bake 45 to 60 minutes in a moderately hot oven at 350° F. Almond paste crumbled fine with sugar, may be sprinkled over half of the dough, covered with the rest, let rise and bake as usual.

No. 2

1 cup butter
1 cup sugar
8 eggs, beaten separately
⅛ teaspoon salt
1 cup lukewarm milk
4 cups flour
1 oz. compressed yeast
Raisins, seeded

Scald the milk and when lukewarm add the salt and yeast and 1 cup of the flour, set aside to rise. Grease Bundt form (a heavy round fluted pan with tube in center) well, and flour lightly. Cream butter and sugar well, add beaten yolks and beat, then the raised mixture and the rest of the flour, and lastly the whites. Pour in pan, let rise until very light, and bake until well done and brown in a moderately hot oven, 350° F., about 45 minutes.

SAVARIN (French Coffee Cake)

4 cups flour
1 cup lukewarm milk
2 oz. compressed yeast
1 cup sugar
1 teaspoon salt
5 eggs
Rind of 1 lemon
4 tablespoons maraschino or rum or sherry substitute
1 cup butter

Dissolve milk in yeast, add 1 cup of flour, and let it rise. Cream butter and sugar. Add 3 eggs, one at a time, yolks of remaining 2 eggs, lemon, salt, the yeast mixture, remaining flour, and the 2 egg whites beaten stiff, beat until very smooth and light. Butter two 10-inch ring forms, sprinkle with chopped almonds and half fill with the dough. Let rise nearly to the top of the mould and bake about ½ hour in a moderate oven, first 15 minutes at 375° F., then to 350° F. When baked, turn from the mould and while hot pour gradually over savarin until absorbed, the following syrup: Boil 1 cup sugar with ½ cup water to a thick syrup, add wine substitute.

SWEDISH TEA RING

Kuchen dough
¼ cup melted butter
¼ cup raisins
¼ cup nuts

Make Kuchen Dough, pages 417, 418; when well risen, toss on board, pat and roll into an oblong sheet ⅓ inch thick. Brush over with butter. Sprinkle generously with raisins and blanched and chopped almonds. Roll like jelly roll, lift to a large baking pan, bring ends together to form ring, fasten ends securely.

With scissors cut through the ring from the edge nearly to the center, making a cut every 1½ inches and turning each division upward to show the raisins and nuts. Set aside again to become light. Then brush over with milk, mixed with a little yolk of egg. Sprinkle with chopped nuts and bake ½ hour at 350° F.

CHAPTER XXXII

FRITTERS, DOUGHNUTS AND WAFERS

OILS AND FATS FOR FRIED CAKES

Use vegetable oils, beef fat or drippings, lard, cottonseed mixtures, butter fat or a mixture of several fats in frying fritters and doughnuts.

TO RENDER BUTTER

Any butter that is unfit for table use may be made good for cooking and baking purposes and will last for months. Place butter in a deep, iron kettle, fill half full, set on the fire, where it will simmer slowly without stirring for several hours. Watch carefully that it does not boil over, and when the fat is clear, and the sediment at the bottom is just browning, take it from the fire gently, so as not to disturb the sediment. Let cool a little, strain through cloth into stone crock, cover, and keep in a cool place.

To render Beef Fat, see page 196. To use, see page 180.

FRITTER BATTER

No. 1

1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
1 egg

Mix and sift the dry ingredients, add milk gradually and the egg, well beaten.

No. 2

1 egg
¼ cup water or milk
⅛ teaspoon salt
½ cup flour
1 tablespoon melted butter

Beat the yolk and the white of the egg separately. To the yolk add the butter and salt and one-half of the liquid, and stir in the flour to make a smooth dough. Add the remainder of the liquid gradually to make a batter, and beat in the stiff white of the egg.

APPLE FRITTERS

2 medium sized sour apples
Batter No. 1 or 2
Powdered sugar
Lemon juice

Core, pare and cut apples in ⅓-inch rounds or slices, sprinkle with powdered sugar and a few drops of lemon juice, cover and

let stand ½ hour. Drain, dip pieces in Batter No. 1 or No. 2, opposite page, fry in deep hot fat and drain. Sprinkle with sugar and cinnamon.

PINEAPPLE FRITTER

Cover slices of pineapple with a little sugar and let stand one hour. Drain and dip slices in Batters Nos. 1 or 2, opposite page, and fry in deep, hot fat. Drain on brown paper and sprinkle with powdered sugar.

FRUIT FRITTERS

Fresh peaches, apricots or pears may be cut in pieces, dipped in batter and fried same as other fritters.

Canned fruits may be used after being drained.

QUEEN FRITTERS

½ cup boiling milk or water
¼ cup butter
½ cup flour
2 tablespoons powdered sugar
2 eggs
Pinch of salt
Fruit preserves

Put butter in small saucepan and pour on water. Heat to boiling point, add flour all at once and stir until mixture leaves sides of saucepan and cleaves to spoon. Remove from fire, add eggs, one at a time, beating constantly. Drop by spoonfuls and fry in deep fat until well puffed and browned. Drain, make an opening, fill with preserves and sprinkle with powdered sugar.

GENERAL RULES FOR DOUGHNUTS

To Fry Doughnuts, the fat must be hot enough to brown a cube of bread in one minute. Place the doughnuts in a bath of hot fat, deep enough to float them. They should come quickly to the top, brown on one side, be turned and browned on the other. If the fat is too cool, the doughnuts will absorb the fat. If too hot, they will turn brown before sufficiently raised.

To Remove Extra Grease from Doughnuts—Have a saucepan of boiling water on stove, next to the kettle of deep, hot fat. Lift each doughnut as soon as brown and done, quickly in and out of the boiling water, then into the oven a few minutes to dry and crisp. Set kettle of boiling water aside to cool. When cold, remove cake of fat on top and use again as desired.

DOUGHNUTS

No. 1

1 pint flour
½ cup sugar
1 teaspoon salt
4 teaspoons baking powder
¼ teaspoon cinnamon
A little grated nutmeg
2 tablespoons melted butter
½ cup milk
1 egg

Sift dry ingredients. Add the milk to the beaten egg, and combine the mixtures, knead lightly. Roll on well floured board ¼ inch thick, cut with doughnut cutter, or roll into small balls, and fry in deep, hot fat, as directed on page 427. Drain and dust with powdered sugar.

No. 2

3 eggs
1 cup sour cream
1 cup sugar
1 teaspoon soda
4 cups flour
A little grated nutmeg

Beat eggs, add sugar gradually and stir again. Add soda to cream. Combine the two mixtures and add the flour, nutmeg and 1 teaspoon salt. Roll ¼ inch thick, cut or shape into form and fry in deep, hot fat. Dust with powdered sugar.

No. 3

2 eggs
1¼ cups sugar
2 tablespoons melted fat
½ teaspoon salt
1 cup buttermilk
1 teaspoon grated nutmeg
1 teaspoon soda
2 teaspoons baking powder
About 1 qt. flour

Beat eggs, add sugar and shortening; mix rest of the dry ingredients, combine the two mixtures with the milk. Knead slightly, pat and roll into ¼ inch thickness, cut or shape into form, fry in deep, hot oil. Dust with powdered sugar.

DOUGHNUT DROPS

2 eggs
¼ cup sugar
1 teaspoon salt
2 tablespoons melted butter
2 cups flour
4 teaspoons baking powder
⅓ cup milk

Beat eggs until light, add sugar, salt and butter or any other desired shortening. Mix flour and baking powder and combine the two mixtures. Drop by tablespoons into deep, hot fat, and fry until browned. Drain on brown paper and sprinkle with powdered sugar. Add 1 ounce melted chocolate to mixture for variety.

RAISED DOUGHNUTS

Let Kuchen Dough, Nos. 1, 2 or 3, pages 417 and 418, rise until doubled in bulk, then roll into a thin sheet, and cut into rings. Let stand until nearly doubled in bulk, then fry in deep, hot fat. Drain on soft paper, and roll in powdered sugar.

BERLINER PFANN KUCHEN (Filled Doughnuts)

Make a Kuchen Dough, Nos. 1, 2 or 3, pages 417, 418, roll one inch thick, cut into rounds with biscuit cutter. Place a teaspoon of preserves or a stewed prune in the center of ½ of them. Brush edges with white of egg and cover with the other half. Press edges neatly. Place on well floured board, let raise very light and fry in deep fat until brown. When done they will have a white strip around center. Sprinkle with powdered sugar.

SPRITZ KRAPFEN

2 cups flour
2 cups water
1 tablespoon butter
1 lemon, grated rind
4 tablespoons sugar
4 whole eggs

Add butter to water and when boiling, stir in the flour all at once and stir vigorously. Remove from fire, add sugar and lemon juice and the unbeaten eggs, one at a time, and beating constantly between each addition of eggs. Drop by spoonfuls or through Spritz Krapfen tube into deep, hot fat and bake a nice brown. Serve with White Grape Sauce, page 337.

SNOWBALLS (Crullers)

No. 1

1 egg
1 tablespoon sugar
1 teaspoon butter
¼ teaspoon salt
1 tablespoon cream
1 teaspoon lemon juice
1 cup flour (about)

Mix butter, salt and sugar with the egg. Add the cream and lemon juice and flour to make a stiff dough. Toss on a floured board and roll very thin, in pieces 3 inches long by 2 inches wide. Make four 1-inch gashes crosswise at equal intervals. Run fork in and out of gashes, lower into deep, hot fat. Fry until light brown and sprinkle with powdered sugar.

No. 2—Hesterliste

3 eggs, well beaten
5 tablespoons melted butter
1 cup sugar
1 pint milk
2 teaspoons baking powder
2 qts. flour

Flour enough to roll as thin as pie crust. Cut into strips, and slash as in above recipe and fry in deep, hot fat. Sprinkle with sugar.

No. 3—Roses

3 eggs
2½ cups flour (about)

Beat eggs slightly, add a little salt, and flour enough to make a very stiff dough. Knead until elastic, then roll into a very thin sheet. Cut in rounds of 3 sizes. Pinch together at center. Let stand for 15 or 20 minutes. Drop in deep, hot fat and fry to a delicate brown. Dust with powdered sugar and drop jelly into the scallops. For Lily Tarts, cut in stars of 3 sizes.

ROSETTES (Swedish Wafers)

No. 1

1 egg
1 pint milk
2¼ cups flour
1 teaspoon powdered sugar
¼ teaspoon salt

Beat egg very slightly, add sugar and milk and flour alternately beating all together until smooth. Put fancy iron wafer mould in small saucepan of deep, hot fat; when well heated remove from fat, dip into batter, never allowing it to run over the top of mould. Dip the iron again into the deep, hot fat and let fry until crisp and brown. Slip off. Wipe iron occasionally to remove extra fat. In removing wafer from fat, let drip well and drain on unglazed brown paper. Serve hot or cold. This makes about 60 wafers. Will keep for a week or more. Sprinkle with powdered sugar, or, put filling of jam or fresh fruit between 2 of the rosettes and garnish with whipped cream, or fill with creamed chicken or salad, or serve plain with any salad.

No. 2

2 eggs
1 teaspoon sugar
¼ teaspoon salt
1 cup milk
1 cup flour

Follow directions in No. 1, above.

CHAPTER XXXIII

CAKE FROSTINGS AND FILLINGS

TO ICE A CAKE

To frost a cake evenly to the very edge and prevent the icing from running down the sides, double a piece of stiff paper and pin it closely about the cake, letting the paper extend about an inch above the top of cake. Spread icing, remove paper when icing is set.

No. 1 PLAIN ICING

1 cup confectioner's sugar
2 tablespoons boiling water or milk
¼ teaspoon vanilla, lemon, or other extract
Or 1 teaspoon lemon juice

If the cake is cold, have liquid hot. Stir the liquid into the sifted sugar, adding more, a few drops at a time, as needed. The icing is of the proper consistency when it coats the spoon and conceals its color.

No. 2

1½ cups confectioner's sugar
2 tablespoons hot milk
½ teaspoon butter
½ teaspoon any desired flavoring

Add butter to hot milk; add sugar slowly to make right consistency to spread; add vanilla. Spread on top and sides of cake.

ORANCE ICING

1¼ cups confectioner's sugar
2 tablespoons orange juice
1 teaspoon egg yolk
1 teaspoon lemon juice
Grated rind of orange

Add yolk to sugar, mix well; add orange juice and rind, and enough more sugar to spread.

LEMON ICING

1 cup confectioner's sugar
Grated rind of ½ lemon
1 tablespoon lemon juice
1 tablespoon boiling water or milk

Add lemon rind to juice and water, stir into the sugar, a little at a time, until thin enough to spread.

FRUIT JUICE ICING

1 cup confectioner's sugar — Or fruit syrup
2 tablespoons fresh fruit juice — 1 teaspoon lemon juice

Add the strained juice of fruits (strawberries, cherries or grapes) to the sugar, a little at a time, until thin enough to spread.

No. 1 EGG FROSTING

White of 1 egg — 1 teaspoon lemon juice or
1 cup powdered sugar — vanilla
2 teaspoons hot water

Beat white until stiff, add water and sugar. Beat thoroughly, then add flavoring and more sugar if necessary to spread.

No. 2

1 egg white, unbeaten — 2 tablespoons cold water or
1½ cups confectioner's sugar — water and lemon juice

Add water or fruit juice to unbeaten white of egg. Stir in the sugar, until thin enough to spread, more or less, as required. This makes a soft, cream icing.

ROYAL ICING

½ lb. confectioner's sugar — 1 egg white, unbeaten
1 teaspoon lemon juice

Add sugar gradually to egg white, work together well with wooden spoon until smooth and shiny, add lemon juice, stir well and spread.

SEVEN MINUTE ICING

1 egg white, unbeaten — ⅞ cup granulated sugar
3 tablespoons cold water — ¼ teaspoon cream of tartar
½ teaspoon vanilla

Place all ingredients except vanilla in top of double boiler. Beat with rotary beater until thoroughly mixed. Place over rapidly boiling water, beat constantly and cook for seven minutes until frosting stands up in peaks. Let stand over cold water until cool, add vanilla. Spread on top and sides of cake.

CHOCOLATE FROSTING

1½ cups confectioner's sugar — About 6 tablespoons boiling
1 oz. chocolate, shaved — water
⅓ teaspoon vanilla extract

Melt chocolate over hot water, add boiling water and stir until smooth; add vanilla and stir in the sifted sugar, adding more hot water, if needed, to spread the mixture smoothly. If cocoa is used melt in the boiling water. A little cinnamon may be added.

CHOCOLATE ICING

Melt 2 squares unsweetened chocolate with ½ teaspoon butter and spread thin coating over Marshmallow Filling or Icing, page 437, when cool.

COCOA ICING

6 tablespoons hot water
6 tablespoons cocoa
¾ cup granulated sugar
½ teaspoon salt

Mix sugar and water until smooth; add cocoa and salt, and stir until creamy. Spread between layers and on top and sides of cake.

COFFEE OR MOCHA ICING

3 tablespoons strong, hot coffee
3 tablespoons dry cocoa
1 cup confectioner's sugar
½ teaspoon vanilla

Add coffee to cocoa, stir until smooth, add vanilla and enough sugar to spread.

BUTTER FROSTING AND FILLINGS (Uncooked)

Cream butter and sugar well, adding the liquid and flavoring n any desired proportion, until thin enough to spread.

No. 1

1 cup confectioner's sugar
2 tablespoons butter
2 tablespoons water, milk or cream
½ teaspoon vanilla

No. 2—Orange or Lemon

2 tablespoons butter
1 cup confectioner's sugar
1 tablespoon milk or water
1 tablespoon orange or lemon
Juice and a little grated rind

No. 3—Coffee

2 tablespoons butter
1 cup confectioner's sugar
2 tablespoons strong, hot coffee
1 teaspoon cocoa (dry)
½ teaspoon vanilla

No. 4—Chocolate No. 1

2 tablespoons butter
1 cup confectioner's sugar
1 oz. chocolate melted over boiling water
½ teaspoon vanilla

No. 5—Chocolate No. 2

1 cup unsalted butter
Yolk of 1 egg, beaten
2½ cups confectioners sugar
1 oz. grated chocolate melted over hot water, and
1 teaspoon vanilla, or
Coffee extract to taste

Wash salted butter in cold water, remove all water and then beat to a cream; add beaten yolk and gradually the sugar and melted chocolate or the extract to taste.

Use for fillings between layers of cake and for fancy pipings.

BOILED FROSTINGS OR FILLINGS

BOILED ICING OR FROSTING

1 cup granulated sugar
½ cup water
White of 1 or 2 eggs
½ teaspoon flavoring extract

Boil sugar and water over slow fire until syrup spins a thread; pour very slowly into stiffly beaten white of egg and beat until smooth and almost stiff enough to spread. Add flavoring. Spread on cake. If 2 egg whites are used, the icing is light and fluffy and will not harden quickly. Use brown sugar for variety.

ORNAMENTAL FROSTING

Follow Boiled Icing recipe above, and when icing is stiff enough to spread, put over boiling water, stirring continually until the icing grates slightly on bottom of bowl. Spread on cake, saving a small portion of the icing to ornament the edge of cake. This can be forced through a pastry tube, or, if none is available, through a cornucopia, made from ordinary white letter paper.

MAPLE ICING

1 cup maple syrup
Whites of 2 eggs

Boil syrup until it spins a thread; add very slowly to stiffly beaten whites of eggs until stiff enough to spread.

No. 1 BROWN SUGAR FROSTING

1½ cups brown sugar
¼ cup cold water
½ teaspoon vanilla
2 egg whites

Boil sugar and water until syrup spins a thread. Beat white of egg until dry and add hot syrup slowly, beating all the time. When almost creamy, put between layers and on top of cake.

No. 2

3 cups brown sugar
1 cup milk
1 tablespoon butter
Vanilla extract

Cook sugar, milk and butter together until it forms a soft ball when tested in cold water; add vanilla. Then beat until a little thick. If desired, add nuts. Pour on cake and spread.

No. 1 CARAMEL FROSTING

1½ cups brown sugar
¾ cup cream or milk
2 tablespoons butter
½ teaspoon vanilla

Cook sugar with cream or milk until it forms a soft ball when dropped in cold water, add butter and vanilla, remove from fire and stir until of right consistency to spread.

No. 2 **CARAMEL FROSTING**

To Boiled Icing or Frosting, page 434, with two eggs, add 3 teaspoons of Caramel Syrup, page 360. Add vanilla, beat until almost creamy and spread on and between cake.

No. 3

2 cups medium brown sugar
½ cup butter
¼ teaspoon vanilla
Cream to spread

Cream butter, add sugar gradually and cream very well, add vanilla and enough cream to spread. Use between layers and all over top.

No. 4

1¼ cups brown sugar
¾ cup granulated sugar
½ scant cup cream
1 teaspoon butter
1 teaspoon vinegar

Mix sugar and cream, let stand until dissolved about ½ hour or longer. Place over fire with butter and vinegar. Let boil 5 minutes or to the soft ball stage. Beat to a cream and spread on cake.

No. 1 **FUDGE FROSTING**

1½ cups sugar
2 squares bitter chocolate
½ cup milk or cream
2 tablespoons butter

Melt chocolate over slow fire, add milk and sugar, boil until a few drops form a soft ball in cold water. Add butter and 1 teaspoon vanilla. Let stand undisturbed a few minutes, then beat until cool enough to spread—if too thick, stir in a little cream.

No. 2

2 squares melted chocolate
2 tablespoons butter
⅓ cup milk (or more)
3 cups powdered sugar

Melt chocolate and butter. Add milk to sugar, combine with first mixture. Cook until heated through. Cool, add 1 teaspoon vanilla and spread.

No. 1 **BOILED CHOCOLATE FROSTING**

To the Boiled Icing, opposite page, add 1½ ounces bitter chocolate, grated, or ¼ cup dry cocoa, and stir into syrup before adding the beaten whites of eggs.

No. 2

2 oz. chocolate
½ cup cream
2 egg whites, beaten stiff
1 teaspoon vanilla
2 teaspoons powdered sugar

Cook chocolate and cream over boiling water until smooth; cool, add vanilla. Beat whites, add sugar until stiff enough to cut. Combine the two mixtures, beat and spread.

No. 3 BOILED CHOCOLATE FROSTING

¾ cup sugar
¼ cup water
1 oz. bitter chocolate
2 yolks

Boil water and sugar to a thick syrup, add the chocolate, grated, and the beaten yolks. Thin with cream.

No. 4

1 cup sugar
1¾ bars sweet chocolate
½ cup milk
1 teaspoon butter

Mix all together, boil until a soft ball is formed when dropped in cold water. Beat until cool enough to spread.

No. 5

2 cups brown sugar
⅔ cup water
1 oz. bitter chocolate
¾ cup butter

Boil sugar and water until it spins a thread. Melt chocolate with the butter, then mix it with the syrup; if it separates while stirring add a few drops of cold water.

COCOANUT FROSTING

Make Boiled Icing, page 434, or Plain Icing, page 431, sprinkle shredded cocoanut thickly over the icing while it is still soft.

To freshen cocoanut—Take 1 cup shredded cocoanut, if dry, add ¼ cup of milk. Cook until milk is absorbed, let stand covered.

CAKE FILLINGS

No. 1 CHOCOLATE FILLING

½ cup milk
½ cup grated chocolate
½ cup sugar
1 tablespoon cornstarch

Mix dry ingredients, stir in the milk, cook until thick and when cool, add vanilla to taste.

No. 2

1 cup sugar
1 cup milk
1 teaspoon vanilla
3 oz. chocolate

Boil until a few drops form a soft ball in cold water. Beat until cool, add vanilla, and spread between two layers of cake.

No. 3

½ lb. brown sugar
¼ lb. grated chocolate
scant
½ cup milk
2 tablespoons butter
1 teaspoon vanilla

Cook sugar, chocolate and milk until smooth, add butter and vanilla; when cool, spread between two layers of sponge cake.

CHOCOLATE NUT FILLING

1½ cups brown sugar
¾ cup cream
2 oz. grated chocolate
½ cup butter
¾ cup chopped nut meats

Boil sugar, cream and butter until thick; stir until cool; then add chocolate melted over hot water, and nuts, and spread between two layers of Chocolate Layer Cake, page 462.

CUSTARD FILLING

No. 1—Vanilla

1 cup scalded milk
¼ cup sugar
1 tablespoon cornstarch
2 yolks of eggs
½ teaspoon vanilla

Mix cornstarch and sugar, add the hot milk and pour gradually on the eggs, slightly beaten. Cook in double boiler, stirring constantly until thickened. Cool and flavor with the vanilla.

No. 2—Cream

¾ cup sugar
⅓ cup flour
⅓ teaspoon salt
2 eggs
2 cups milk or cream
1 teaspoon vanilla

Mix dry ingredients, add the scalded milk and pour gradually on the slightly beaten eggs. Cook in double boiler. Stir constantly until thickened; cool and flavor.

No. 3—With Butter

2½ cups milk
½ cup sugar
½ cup flour
¼ teaspoon salt
1 cup fresh butter
2 teaspoons vanilla

Place milk in double boiler. When hot, stir into the sugar, flour and salt mixed. Return to boiler, let cook thoroughly about ten minutes, stirring constantly. Cool, add vanilla. Cream butter, add the custard, stirring in gradually until smooth.

Chocolate Filling same as custard filling, and add melted chocolate.

Coffee Filling same as custard filling, add 1½ tablespoons coffee essence, or strong black coffee, in place of some milk.

Orange, Strawberry or Lemon Filling made like custard filling, adding the desired flavoring.

Almond Custard Filling. Make like Custard Filling and when cool add 1 cup blanched, chopped almonds.

NUT OR FRUIT FILLING

No. 1

½ cup fruit, chopped fine ½ cup nuts, chopped fine
Boiled frosting

To Boiled Icing, page 434, add 1 cup chopped walnuts, almonds, pecans, hickory, hazel nuts, chopped figs, dates, raisins, or selected prunes, separately or in combination.

No. 2

1 lb. grated walnuts ½ cup granulated sugar
¾ cup sweet milk 2 yolks of eggs, beaten

Mix eggs and sugar, add milk, then cook until it thickens, and then add ½ teaspoon vanilla, and the nuts and spread between layers of Walnut Torte No. 1, page 481.

No. 3

2 yolks of eggs 1 cup milk
½ cup sugar 1 tablespoon cornstarch
½ cup pecan nut meats, chopped fine

Wet cornstarch with a little of the milk, and place in double boiler with the rest of the milk and cook until smooth; beat yolks to a light cream with the sugar, pour hot milk gradually over, return to boiler and cook until it coats the spoon, stirring constantly; remove from fire and when cool, add nut meats. Use with Lady Finger Torte, page 475.

FIG FILLING

No. 1

¼ pound chopped figs ½ cup boiling water
½ cup sugar 1½ tablespoons lemon juice
2 tablespoons cornstarch Grated rind of ½ orange

Cook figs ½ hour or until tender. Put sugar and cornstarch in a double boiler and pour on the boiling water, stirring until smooth and thick. Add the cooked figs, lemon juice and orange rind.

No. 2

1 lb. figs, chopped fine Whites of 2 eggs
1 cup sugar ¼ cup powdered sugar
½ cup water Vanilla to taste

Boil figs, sugar and water slowly to a smooth paste, about 15 minutes. Set aside to cool. Beat whites until stiff, add powdered sugar and flavoring, and combine the two mixtures.

No. 3

To Boiled Icing, page 434, using 2 whites, add ¼ pound chopped figs steamed in double boiler until soft.

RAISIN FILLING

1 cup water
⅔ cup sugar
1 cup light syrup
1 cup raisins
1 egg, slightly beaten
½ teaspoon lemon extract

Seed and chop the raisins, add sugar, syrup and water and cook until raisins are soft. Remove from fire, add egg, cook over water until thick, stirring constantly. Flavor, cool, and spread.

PRUNE FILLING

1 cup cooked prunes
⅓ cup orange marmalade
⅓ cup walnut or almonds chopped fine
1 teaspoon lemon juice

Stone prunes, then measure, chop fine, add the rest, mix well and spread between layers of cake.

LEMON APPLE FILLING

¾ cup sugar
1 tablespoon flour
3 tablespoons lemon juice
1 tablespoon cold water
1 egg
1 apple, pared and grated
Speck of salt

Mix sugar and flour in saucepan; add lemon juice, cold water, beaten egg, salt and apple. Heat to boiling point and boil 2 minutes, stirring constantly. Cool before spreading.

WHIPPED FRUIT FILLING

1½ cups grated apple, peach or mashed berries
1½ cups sugar
Whites of 2 eggs
Grated rind of 1 lemon

Mix all together and beat with wire egg beater until very, very stiff. Use between and on top of layer cakes or as a filling for Kiss Torte, page 475.

FILLING FOR BROD TORTE

Brod Torter, page 470
Yolks of 2 eggs
1 cup sugar
1 lemon, juice
½ cup chopped walnuts
1 white of egg, beaten stiff

Stir yolks well with sugar, add the rest of the ingredients, the beaten whites last. Spread between layers of Brod Torte.

MARSHMALLOW FILLING OR ICING

1⅓ cups sugar
⅛ teaspoon salt
Whites of 3 eggs
½ cup water
½ cup marshmallows
1 teaspoon vanilla

Boil sugar and water without stirring until syrup spins a thread; melt marshmallows in syrup; pour slow over stiffly beaten whites of eggs; add flavoring and spread very thickly over cake.

No. 1 FILLING FOR WHITE CAKE

To Boiled Frosting or Filling, page 434, using whites of 2 eggs, add ½ cup each of chopped candied cherries and pineapple, or a ½ cup each of chopped raisins and nuts and 5 chopped figs.

No. 2

½ lb. marshmallows
Small can shredded pineapple
½ cup raisins, chopped
½ cup chopped pecans

Drain pineapple, melt marshmallows over hot water. Mix all together.

No. 3

2 cups brown sugar
1 cup white sugar
½ teaspoon vanilla
5 large marshmallows
¾ cup water

Cook sugar and water over slow fire until it spins a thread. Add vanilla and marshmallows. Beat until dissolved. Pour gradually into stiffly beaten whites of two eggs.

No. 1 ORANGE OR LEMON FILLING

2 oranges, juice and grated rind, or 1 lemon
2 whites of eggs, beaten stiff
1 cup powdered sugar

Boil orange juice and rind with sugar until syrup spins a thread. Pour slowly onto whites, beat until almost cool, then spread between layers of Sponge or Angel Cake, page 459.

No. 2

½ cup sugar
2 tablespoons flour
A little grated orange rind
¼ cup orange juice
½ teaspoon lemon juice
1 teaspoon butter
1 egg slightly beaten

Mix in order given, beat up well, cook in double boiler; stir constantly until thick; when cool it is ready for use.

For Lemon Filling use the grated rind of 2 lemons, ¼ cup lemon juice and 1 cup sugar in place of the orange rind and juice.

No. 1 SOUR CREAM FILLING

1 cup thick sour cream
Yolk of 1 egg
2 tablespoons sugar
1 tablespoon cornstarch
½ teaspoon lemon or vanilla extract

Beat yolk slightly, add sugar and cornstarch mixed, stir in the milk and let cook in double boiler until it coats the spoon, add flavoring and, if desired, 1 cup chopped pecans or walnuts.

No. 2 SOUR CREAM FILLING

1 cup thick sour cream
5 egg yolks, beaten
1 cup sugar
1 teaspoon almond extract

Heat cream with sugar until dissolved. Pour hot, in a steady stream on yolks, stirring constantly, until well blended. Cook over hot water, continue stirring until thick and smooth. Cool slightly, flavor and, if desired, add 1 cup chopped nutmeats.

CARAMEL FILLING

1 cup sugar
1½ cups hot milk
⅓ cup flour
Yolk of 1 egg
½ teaspoon vanilla

Melt ½ of the sugar in an iron spider, until it looks like syrup, stir in the hot milk very gradually. Mix the remaining sugar with the flour, stir in a little of the hot sugar mixture and add it to the rest. Cook, stir well until it thickens and then pour onto the well beaten yolk, add vanilla, and spread between any layer cake.

WHIPPED CREAM FILLING

¾ cup thick cream
¼ cup powdered sugar
White of 1 egg
½ teaspoon vanilla

Set medium sized bowl in pan of crushed ice to which water has been added. Place cream in bowl and beat until stiff, with wire whip or, if possible, use patent cream whipper. Whip up well that air bubbles may not be too large. Add sugar, white of egg beaten stiff, and vanilla. Keep cool.

WHIPPED CREAM FILLING WITH NUT BRITTLE

Peanut or Walnut Brittle
1 cup of whipped cream
1 teaspoon vanilla

Make Peanut or Walnut Brittle, page 507. When cold, break in small pieces, put through grinder and mix lightly with the cream.

STRAWBERRY CREAM FILLING

1 cup thick cream
½ cup sugar
White of 1 egg
½ cup strawberries

Beat cream with Dover beater until stiff, add sugar, egg white, stiffly beaten, and the strawberries mashed. A little vanilla or grated lemon rind may be added.

WHIPPED CREAM FILLING WITH PINEAPPLE AND NUTS

1 yolk of egg
2 tablespoons powdered sugar
½ cup whipped cream
½ cup chopped nuts
½ cup chopped pineapple

Whip cream, same as above, adding nuts and pineapple.

CHAPTER XXXIV

Cakes

Cakes may be classed under three heads:

1st—Cakes made with butter.

2nd—Sponge or Angel Cakes made without butter.

3rd—Torten, rich cakes, in which nuts are used in place of butter, and cracker, bread or cake crumbs in place of flour.

TO USE PIECES OF LEFT-OVER CAKE

Use pieces of left-over cake as a dessert by adding pieces of fresh or canned fruit and chopped nuts and cover with whipped cream or pour Hot Custard, page 360, over slices of dry sponge cake.

Or use in place of bread in Bread Pudding.

HOW TO USE CAKE CRUMBS

In **Brown Betty,** in place of bread crumbs.

In **Fruit Pies,** in place of bread crumbs.

In **Bunte Schuessel,** page 483.

As a **Cereal,** serve with milk or cream.

In **Pancakes,** in place of bread crumbs.

In **Ice Cream** or **Frozen Puddings,** pages 384-394, in place of Brown Bread Crumbs.

On **Coffee Cake,** sprinkled over dough in place of streusel.

GENERAL RULES

Before starting to bake, bring all materials to the work table.

Have round bottom earthen mixing bowl large enough to hold all ingredients for the final beating and folding.

All measurements are **level.** See directions, page 3.

The measuring cup should hold ½ pint.

Use **cake flour** and fine granulated sugar. Sift flour, measure, add baking powder, salt, and sift three times.

Cakes are mixed by Stirring, Beating, Cutting or Folding.

To Stir—Let the spoon touch the sides and bottom of the bowl and move it round and round quickly.

To Beat—Tip the bowl to one side. Bring wire whisk, spoon or fork quickly into the mixture and through it and turn it over and over, scraping the sides well each time it goes in. Beat hard and quickly, taking long strokes, folding in as much air as possible.

To Cut or Fold—Cut the mixture with the side of a spoon and fold it by turning the spoon completely over and lift it up from the bottom of the bowl, with a dipping motion, folding it in as lightly as possible. Do not stir or beat but mix very gently until quite blended.

To Cream Butter—Take from refrigerator. Let stand in room until softened. Add sugar gradually, beat until light and fluffy.

Beat Yolks or Whole Eggs until thick and lemon colored.

To Whip Whites—Use flat wire whisk, whip in long, easy strokes, until whites stand up in peaks, but still shiny.

To Beat Whites—Use a rotary egg beater and beat until stiff but still shiny.

To Prepare Cake Tins—Grease bottom with melted butter or vegetable oil, sprinkle with flour, shake out extra flour.

Or fit a piece of oiled paper in bottom of pan. Do not grease sides. Patent pans for sponge or angel cakes need not be greased.

To Fill Cake Pans—Fill cake pans ⅔ full and bring batter well along edges and tube, leaving a slight depression in center.

To Remove Cake from Pans—When done, remove from oven, let stand a few minutes. Then tip upside down on wire cake rack so air can circulate under it. Remove paper and let stand until cool. Angel Food and Sponge Cake should be inverted in pan and allowed to hang, as this stretches the cake and prevents settling.

PERFECT CAKE

Cake is well made and baked: When it is lightly browned; when it has no cracks in the crust; when it has a smooth velvety texture; when it is fine grained (has small holes, evenly distributed); when it is moist but not sticky; light and tender, but not crumbly.

If cake is too dry, the mixture contained too much flour, or was baked too long or in too slow an oven.

If cake is heavy, there was too much fat in the mixture, not enough baking powder, soda or beaten egg whites; or the oven was too hot at the beginning so cake could not rise to its full height (double original size) or not hot enough to finish baking. Increase heat 25 degrees F. when fully risen.

Cake Making in High Altitudes: Use less butter, ¼ less sugar, ¼ to ⅓ more flour.

Tests **THE OVEN**

Moderate Oven—*Butter Cake* heat. A piece of white writing paper should turn *golden* brown in 5 minutes, or 300° F. to 350° F.

Hot Oven—*Layer Cake* heat. Paper should turn *dark* brown in 5 minutes, or 350° F. to 400° F.

Slow Oven—*Sponge Cake* heat. The paper should turn *golden* brown in 7 minutes, or 250° F. to 325° F.

Very Slow Oven—*Fruit Cake* heat, 200° F. to 225° F.

In baking divide the time into quarters:

1st—The mixture becomes heated and begins to rise.

2nd—Continues rising and begins to brown in spots.

3rd—Rises in center, and browns all over.

4th—Settles to level and shrinks from the pan.

Place cake in the center of middle shelf, for an even heat. Cake may be gently moved in the first and fourth quarters of the baking time, never during the 2nd or 3rd stage of baking because the cell walls are not firm and a jar will cause them to settle. Never bake cakes that require different degrees of heat at the same time.

If oven gets too hot at any time, set a small dish of hot water on floor of oven under the cake.

Loaf cake should bake from 35 to 60 minutes. Layer cake from 15 to 20 minutes. Cake is done when a wire cake tester inserted in the center comes out clean and dry, or when it springs back when pressed with finger.

GENERAL RULES FOR BUTTER CAKE

Sift flour, then measure, add baking powder and salt and sift again. Cream butter until soft. Add sugar gradually, a heaping tablespoon at a time, beating constantly until light and fluffy. Add egg yolks one at a time. Stir until thoroughly blended. Then add ¼ cup flour mixture to butter mixture to prevent separation. Beat well. Add milk and flour alternately, 2 tablespoons of milk to 4 tablespoons of flour, stirring the milk in lightly, and beating the flour in well after each addition, beginning and ending with the flour. The mixing process must be quick and continuous from the time the milk is added. Fold the stiffly beaten egg whites gently but thoroughly through the mixture and immediately turn the batter into the cake pans.

SHORTENING IN PLACE OF BUTTER FOR CAKES

The following shortenings, with a little salt added, may be used in cakes, pound for pound, in place of butter. Oleomargarines, nut butters, lard, beef drippings, beef marrow, mixtures of beef fat and lard, beef fat and cottonseed shortenings and refined cottonseed shortenings. Refined corn or cottonseed oils may also be used, ⅔ of a cup of the oils taking the place of 1 cup of butter.

No. 1 CHEAP CUP CAKE

2 tablespoons butter
1 cup sugar
1 egg
¾ cup water or milk
2 cups flour
3 teaspoons baking powder
½ teaspoon vanilla or
Grated rind of ½ lemon

Cream the butter, add the sugar gradually, then the egg, and beat well. Add the water alternately with the flour and baking powder sifted 3 times. Beat all together thoroughly and bake in a moderate oven at 350° F. Used as a loaf or layer cake.

No. 2—Follow above recipe, using 2 eggs and 2½ cups flour.

PLAIN CAKE

¼ cup butter
1 cup sugar
2 eggs, separated
1½ cups flour
2 teaspoons baking powder
1 teaspoon spice, or
½ teaspoon flavoring
½ cup milk

Mix and sift flour, baking powder and spices 3 times. Cream butter and sugar, add the beaten yolks, then the flour mixture and milk alternately, the flavoring and beaten whites last. Beat well and bake 20 or 30 minutes at 375° F. Two ounces of melted and cooled chocolate may be used, added after the yolks.

FRESH FRUIT CAKE

Make Plain Cake Dough, above. Place in shallow pan about 7 x 11 inches. Take strawberries, cherries pitted, plums, halved and stoned, peaches or apples, sliced, or any other fruit. Lay them in parallel rows on top of dough. Bake in a moderate oven about 350° F., about 30 minutes or until well done.

CARAMEL UPSIDE DOWN CAKE

2 tablespoons butter
1 cup brown sugar
½ cup of nut meats, chopped
Plain cake batter

Spread the butter in large frying pan, sprinkle sugar and nuts over evenly and set aside. Make any plain cake batter, above. Spread cake batter over the butter, sugar and nuts and bake in the frying pan in a moderate oven, 350° F. When done turn onto a cake plate upside down. Sufficient for one large cake.

HURRY-UP CAKE

¾ cup sugar
1½ cups sifted flour
¼ teaspoon salt
2 teaspoons baking powder
¼ cup melted shortening
1 egg, beaten
¾ cup milk
1 teaspoon flavoring

Sift dry ingredients. Drop egg into shortening, add milk and flavoring. Combine the two mixtures. Stir very well, pour into

greased and floured layer cake tins, bake in moderate oven, 350° F., about 20 minutes. Or bake in shallow tin, frost, mark into squares.

QUICK DATE CAKE

⅓ cup soft butter
1⅓ cups brown sugar
2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon grated nutmeg
½ lb. dates, stoned, figs or raisins, finely chopped

Put all ingredients in a bowl together and beat thoroughly for 3 or 4 minutes. Bake, in loaf pan lined with oiled paper, 35 to 40 minutes, 325° F. Do not attempt to add the ingredients separately. May be baked in 2 layers, 350° F., or in gem pans.

QUICK CHOCOLATE CAKE

2 oz. chocolate
½ cup butter
1 cup sugar
½ cup milk
¾ cup flour
2 teaspoons baking powder
2 eggs
1 teaspoon vanilla

Melt chocolate and butter over slow fire, put in mixing bowl. Add sugar, milk, eggs, vanilla, flour sifted with the baking powder. Do not stir until all ingredients are in, then beat hard for several minutes until smooth. Bake in two layers in a moderately hot oven, 400° F., from 15 to 20 minutes. Put Chocolate Filling No. 3, page 436, between and over top and sides.

QUICK COCOA CAKE

6 tablespoons cocoa
2 cups flour
1½ cups sugar
1 teaspoon soda
⅛ teaspoon salt
2 eggs
¾ cup butter, melted
1 cup cold water

Sift first five ingredients into mixing bowl. Add the rest, but do not stir until all ingredients are in. Then beat well. Bake in two layers, moderate oven 350° F., for 40 minutes. Use Chocolate Butter Frosting No. 1, page 433, between and on top.

GOLD CAKE

½ cup shortening
1 cup sugar
2 cups cake flour
3 teaspoons baking powder
4 yolks of eggs
½ cup milk
1 teaspoon vanilla

Cream butter well, add sugar, continue beating, add yolks beaten until light with Dover beater, add flavoring, mix thoroughly, then add milk alternately with the flour and baking powder mixed. Beat, place in greased and floured pan, bake in moderate oven 350° F., 35 to 45 minutes. Bake in sheet or layers.

WHITE CAKE

½ cup butter
1 cup sifted sugar
2 cups cake flour
3 teaspoons baking powder
3 whites of eggs
⅔ cup milk
½ teaspoon almond extract
Grated rind of lemon

Cream butter, add sugar and continue beating. Sift flour once, measure, sift with baking powder 3 times, add alternately to the butter mixture with the milk, beat thoroughly until smooth, add flavoring. Fold in very carefully the whites of eggs, beaten light but not dry. Butter and flour a pan 12x8 inches. Put the batter into the pan and let bake thoroughly at moderate heat 350° F., about one hour. Or bake in 9-inch layer pan at 375° F., 25 to 30 minutes.

No. 1 LADY BALTIMORE CAKE

Follow direction for White Cake, above, but bake it in two layers. Put layers together with Filling for White Cakes Nos. 1 or 2, page 440. Cover the whole cake with Boiled Frosting, page 434.

No. 2

2½ cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon cream of tartar
½ cup butter or other shortening
1½ cups sifted sugar
½ cup milk
1 teaspoon vanilla
6 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and cream of tartar and sift three times. Cream butter thoroughly, add sugar gradually, creaming together until light and fluffy. Add flour mixture alternately with milk, a small amount at a time, beginning and ending with the flour. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F.) for 30 minutes. Put layers together with Filling as above, and cover top and sides with Boiled Frosting, page 434.

CARAMEL CAKE

½ cup butter
1½ cups sugar
2 yolks, beaten
1 cup water
1 teaspoon vanilla
3 tablespoons caramel syrup
2 teaspoons baking powder
2 egg whites, beaten stiff
2½ cups flour

Make Caramel Syrup, page 360. Cream butter and sugar well. add yolks, beat thoroughly. Add 2 cups flour alternately with

the water, beat very well about 5 minutes, then add vanilla, caramel syrup, the remaining ½ cup flour with the baking powder, and lastly fold in the beaten whites. Bake in two greased and floured layer tins in a moderate oven, 350° F., 20 minutes. Put Caramel Frosting No. 3, page 435, between and on top of cake.

CARAMEL CAKE

Bake White Cake, page 447, in two layers. Put Caramel Frosting, page 435, between layers and over top.

MOLASSES LAYER CAKE

1 cup sugar
2 tablespoons butter
2 eggs
1 teaspoon cinnamon
1 teaspoon soda, dissolved in 1 cup sour milk
1 cup New Orleans molasses
2½ cups flour

Mix flour and cinnamon. Cream butter and sugar, add eggs and molasses and the flour and milk alternately. Bake in a moderate oven in two layers, 350° F. Frost with Boiled Icing, page 344, to which 1 cup of chopped raisins is added.

DELICATE COCOANUT CAKE

1 cup sugar
¼ cup butter substitute
3 egg whites
½ teaspoon almond flavoring
½ teaspoon lemon flavoring
⅔ cup milk
½ teaspoon salt
2 cups cake flour
3 teaspoons baking powder
½ cup cocoanut

Cream together the sugar and butter and add the flavoring. Sift together the dry ingredients and add them alternately with the milk to the first mixture. Fold in the egg whites, beaten stiff; add the cocoanut. Stir well. Place in a well-oiled pan; sprinkle with shredded cocoanut and a few chopped almonds, if convenient, and bake for 45 minutes in a moderate oven, 350° F.

POPPY SEED CAKE

1 cup poppy seed
1½ cups milk
1½ cups sugar
½ cup butter
2 cups flour
2 teaspoons baking powder
4 whites of eggs, beaten
1 teaspoon vanilla

Grind poppy seed. Heat ½ of the milk, pour over poppy seed, let stand overnight. Cream butter and sugar and add poppy seed mixture. Add flour and baking powder, mixed, and lastly the beaten whites. Place in a well greased spring form and bake in a moderate oven 45 minutes, 350° F. Cover with Chocolate Butter Frosting, page 433, or Fudge Frosting, page 435.

HICKORY NUT CAKE

½ cup butter
1 cup sugar
Whites of 3 eggs
½ cup milk
1½ cups flour
¾ cup chopped hickory meats
1 teaspoon cream of tartar
½ teaspoon soda

Cream butter well with sugar, add milk and flour, alternately; add whites beaten stiff and beat until smooth; add nuts, stir, then sprinkle over the cream of tartar and stir in the soda dissolved in 1 teaspoon milk. Beat again and place in well buttered and slightly floured loaf pan and bake in a moderate oven, 350° F.

EMERGENCY CAKE

1¾ cup flour
½ cup softened butter
1 cup sugar
2 eggs
½ cup and 1 tablespoon milk
¼ teaspoon salt
1 teaspoon vanilla
1 tablespoon baking powder

Mix, then beat all together excepting baking powder, until light and smooth. Fold in baking powder quickly. Bake in two layers, 20 minutes, 375° F.

LEMONADE CAKE

1½ cups sugar
¼ lb. almonds, chopped
1½ cups grated wheat bread
¼ teaspoon baking powder
¼ teaspoon cinnamon
Grated rind of 1 lemon
6 whites of eggs
1 cup lemonade

Mix the first 5 ingredients with the grated rind of the lemon and add the whites of the eggs, beaten to a froth. Place in a spring form and bake in a moderately slow oven about 1 hour, 350° F. While cake is hot, pour 1 cup of hot lemonade gradually all over top.

COCOA CAKE

1 cup sugar
2 tablespoons butter
3 tablespoons cocoa
1 egg
1 cup sour milk
1 teaspoon soda
½ teaspoon baking powder
2 cups flour

Cream butter and sugar with the cocoa, add the egg and add flour mixed with baking powder, alternately, with the milk mixed with the soda. Bake in 2 layers in a moderate oven, 350° F., put Chocolate Butter Frosting, page 433, between layers and on top.

No. 1—Part 1 DEVIL'S FOOD Part 2

2 squares chocolate (2 oz.)
3 tablespoons water
1¼ cups sugar
½ cup butter, (scant)
1 cup sour or butter milk
1 teaspoon soda
Yolk of 1 egg
2 scant cups flour

Melt chocolate, water, sugar; add butter. Cool. Mix buttermilk, soda and the beaten yolk, add chocolate mixture, flour; stir well. Bake in two layers in a moderate oven, 350° F. Use Marshmallow Icing, page 440, Egg or Chocolate Icing, page 432.

DEVIL'S FOOD

No. 2—Part 1

1 cup sugar
½ cup milk
4 oz. (squares) chocolate
1 egg, yolk
1 teaspoon vanilla

Part 2

½ cup butter
1 cup sugar
2 whole eggs
½ cup milk
2 cups flour
2 teaspoons baking powder

Put first three ingredients in double boiler, cook until melted. Cool, add egg yolk and vanilla, then add to Part 2 as follows: Cream butter and sugar, add eggs, one at a time, flour sifted with baking powder, and milk alternately. Mix well, and bake in two layers in moderate oven. Put Chocolate Butter Frosting, page 433, between layers and over cake, or Marshmallow Icing, page 437, with a thin coating of Chocolate Icing, page 432.

CHOCOLATE CAKE

2 cups sifted flour
3 teaspoons baking powder
½ teaspoon soda
¼ teaspoon salt
½ cup butter or other shortening
1 cup sugar
2 egg yolks, beaten light
3 squares chocolate, melted
1¼ cups milk
1 teaspoon vanilla
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt and sift three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) for 30 minutes. Put layers together with Fudge Frosting, page 435. Double recipe to make three 10-inch layers.

COFFEE CAKE

1 cup butter
2 cups powdered sugar
4 yolks of eggs
½ cup chopped almonds
1 cup grated chocolate
2 cups flour
2 teaspoons mixed spices
3 teaspoons baking powder
1 cup strong cold coffee
4 whites of eggs

Cream shortening and sugar; add well beaten yolks and chocolate; add coffee alternately with half of flour sifted with baking powder and spices. Fold in well beaten whites of eggs; add remainder of flour with nuts and mix lightly. Pour into greased layer cake tins and bake in moderate oven, 350° F., 45 to 50 minutes. Spread layers and cover top with Coffee Icing, page 433.

SPICE CAKE

2 cups sugar
½ cup butter
3 eggs
1 cup cream
2½ cups flour
3 teaspoons baking powder
½ teaspoon each, clove cinnamon and ginger
⅔ cup currants or raisins
½ cup walnut meats

Cream the butter and sugar, add the eggs, one at a time. Mix 2 cups flour, baking powder and spices, adding the cream and the flour mixture alternately and raisins and nuts rolled in rest of flour. Bake in moderate oven, 350° F., in well-greased shallow pan.

MARBLE CAKE

¾ cup butter
2 cups sugar
4 eggs
1 cup milk
3 cups flour
4 teaspoons baking powder
¼ lb. chocolate, grated
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon vanilla

Cream butter, add sugar and stir well, add eggs, one at a time, beating all the time, then add the flour mixed with the baking powder, and the milk alternately and stir until smooth.

Place ⅓ of the dough in another bowl, add to this the grated chocolate and the spices and flavoring; mix well.

Into a well-buttered, deep cake pan, place alternate layers of white and dark dough. Bake 45 minutes in moderate oven, 350° F.

CHECKER BOARD CAKE

Make Plain Cake Batter, page 445, and Devil's Food Batter No. 1, page 449. Use three cake tins with patent checker board cake marker, for keeping the dark and the light batter in distinct rings. Place marker in center of one pan. Pour light batter in the center and in outer ring, dark batter in middle ring. Carefully lift up marker without disturbing dividing lines. Place marker in second pan. In this pan and the remaining one, pour dark batter in center and in outer ring, light batter in middle ring. Bake 15 to 20 minutes at 375° F. When baked, place layer with light outside ring between the two layers with dark outside ring. Spread 7-Minute Frosting, page 432, or Fudge Frosting, page 435, between layers and over top. When cut, a slice resembles a checker board.

MAPLE CAKE

½ cup butter or substitute
¾ cup sugar
2 eggs, beaten light
¾ cup maple syrup
½ cup milk
2½ cups cake flour
2½ teaspoons baking powder
⅔ teaspoon (scant) soda

Cream butter and sugar, add the whole eggs, beaten, the syrup, and, alternately, the milk and flour sifted with the baking powder,

soda and ½ teaspoon ginger, if desired. Bake in a tube pan about 50 minutes, 350° F. Cover with Maple Frosting, page 434.

DATE AND WALNUT CAKE

2 tablespoons butter
1 cup sugar
1 egg
¾ lb. dates
1 cup hot water
1 teaspoon soda
1½ cups flour (scant)
½ lb. walnut meats

Stone dates and cut small. Soak in hot water, let cool. Cream butter and sugar, add egg and ¼ teaspoon salt. Add dates and stir; sift flour and soda, add walnuts. Mix all together, beat well, turn into two buttered shallow pans and bake in moderate oven, 350° F., 40 minutes. Serve with sweetened whipped cream.

Date Cake—Prepare same as Date and Walnut Cake, above, omitting walnuts and using two eggs and ½ cup butter.

COCOANUT LAYER CAKE

½ cup butter
1 cup sugar
2 eggs, separated
¾ cup milk
1 teaspoon vanilla
2 cups flour
3 teaspoons baking powder
1 can or a fresh cocoanut

Cream butter, add sugar gradually, cream well together, stir in egg yolks. Add flour sifted several times with baking powder, a little at a time, alternately with milk, beating until smooth. Add flavoring, fold in egg whites beaten stiff. Place in two layer cake pans well greased. Bake in moderate oven at 375° F., ½ hour. Spread Seven Minute Frosting, page 432, between layers and over top, sprinkle generously with canned or fresh grated cocoanut.

BAKING POWDER (BUFFETEN) KUCHEN

1½ cups sugar
¼ cup butter
2 eggs, separated
1 cup milk
2¼ cups flour
4 teaspoons baking powder
Grated rind of 1 lemon
Chopped or sliced almonds

Cream butter and sugar, add yolks of eggs and the lemon rind, stirring constantly. Mix flour and baking powder, add to the butter mixture, alternately with the milk and lastly stir in the stiffly beaten whites of eggs. Place in well greased shallow coffee cake tins, sprinkle with sugar, cinnamon and a few almonds, sliced fine or chopped. Bake in a moderate oven, 350° F.

BAKING POWDER COFFEE CAKE

1 cup sugar
¼ cup soft butter
2 eggs
½ cup milk
1½ cups flour
1 teaspoon baking powder

Cream butter and sugar, add yolks well beaten and flour sifted with baking powder, alternately with milk, fold in beaten whites.

Pour into greased, oblong tin, spread top with melted butter, sprinkle with sugar, cinnamon and grated almonds. Bake in moderate oven, 350° F.

BLITZ KUCHEN

1 cup butter
1 cup sugar
4 eggs, unbeaten
2 cups flour
2 teaspoons baking powder
Grated rind of lemon

Cream butter and sugar, add lemon rind or vanilla, the eggs, one at a time, beating well, then flour and baking powder mixed. Stir well, bake in a buttered oblong shallow pan, in a moderate oven ½ hour, 350° F., until well done and browned. Spread with a little of the unbeaten white of egg, cover with Streusel, page 415.

No. 1 BAKING POWDER BUNDT KUCHEN

¼ to ½ cup butter
1 cup sugar
3 eggs
Rind of ½ lemon and orange
Juice of ½ orange
1 tablespoon lemon juice
1 teaspoon vanilla
1 cup milk
2 cups flour
4 teaspoons baking powder
10 blanched almonds or raisins

Cream butter and sugar well together, add eggs, one at a time, beating constantly, add flavoring. Mix flour and baking powder and stir in alternately with the milk. Place almonds or raisins in the bottom of a well greased bundt form (a deep, round, fancy cake pan with tube in center). Pour in the cake mixture and bake ¾ hour or until done, in a moderate oven, 350° F.

No. 2

1 cup butter
1½ cups sugar
7 eggs
Rind of lemon and orange
Juice of ½ lemon and orange
1 teaspoon vanilla
¾ cup milk
5 cups flour
5 teaspoons baking powder
10 blanched almonds

Follow directions for Baking Powder Bundt Kuchen No. 1, above, or bake in shallow pan.

SAND TORTE

6 eggs, separated
1 cup sugar
1 cup fresh washed butter
1 cup cornstarch
1 cup flour
½ lemon, juice and rind
2 teaspoons baking powder

Cream butter and sugar very well, add beaten yolks, mix flour, cornstarch and baking powder; add to the mixture with the lemon juice; fold the stiffly beaten whites well into the batter. Bake in greased square or round cake pan 45 minutes, 350° F.

No. 1 GRAHAM CRACKER CAKE

2 tablespoons butter
1 cup sugar
4 eggs, separated
½ cup shredded cocoanut
1 cup milk
20 graham crackers
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter and sugar, add yolks of eggs well beaten and milk alternately, with cocoanut, baking powder, and crackers rolled fine. Fold in stiffly beaten whites of eggs. Bake in two layers in a moderate oven, 350° F. Put Butter Frosting No. 1, page 433, between and on top of cake, using lemon flavor, sprinkle with cocoanut.

No. 2

½ cup butter
1 cup sugar
3 eggs, separated
1 cup milk
½ cup flour
2 teaspoons baking powder
1 teaspoon vanilla
½ lb. graham crackers

Cream butter and sugar, add yolks of eggs one at a time and beat well. Mix flour, baking powder and the crackers, ground fine, and add it alternately with the milk to first mixture. Add vanilla, then fold in stiffly beaten egg whites. Bake in two layers in moderate oven, 350° F. Put Custard Filling No. 1, page 437, add ½ cup chopped walnut meats and flavor with rind and juice of ½ lemon. Frost with Butter Frosting No. 3, page 433.

No. 1 GINGERBREAD

½ cup sugar
3 tablespoons butter
1 egg
1½ cups flour
⅛ teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon soda
½ cup milk or hot water
½ cup molasses

Mix butter and sugar to a soft, creamy paste; add beaten egg. Mix spices, salt and soda with flour, and add a small portion. Add molasses and milk mixed together, and flour alternately. Pour into buttered shallow pans, 325° F. Bake 30 to 45 minutes.

No. 2

1 egg
1 cup sugar
1 cup molasses
1 cup sour or buttermilk
½ cup shortening
2 teaspoons ginger
1 teaspoon spices, (cinnamon and clove)
2 teaspoons soda
3 cups flour
½ cup currants, or in season
1 quart blueberries

Mix soda and sour milk and add to molasses. Cream butter, add sugar, then the egg; sift remaining dry ingredients. Combine mixtures, add currants or blueberries rolled in flour. Pour into buttered shallow pans and bake in a moderately hot oven, 325° F.

SUGAR GINGERBREAD

¼ cup butter
1 cup sugar
1 egg
½ cup milk
1½ cups flour
¼ teaspoon soda
½ teaspoon cream of tartar
¼ teaspoon cinnamon
¼ teaspoon ginger
⅛ teaspoon nutmeg

Cream butter and sugar, add egg. Sift dry ingredients, and combine the two mixtures, stirring in the milk. Bake in shallow pan in a hot oven, 375° F. Sprinkle top with sugar.

APPLE SAUCE CAKE

½ cup butter
1 cup sugar
1 egg
1 cup dates (sliced fine)
1½ cups apple sauce
1 cup nuts, chopped coarse
1 cup raisins, chopped
½ teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon vanilla
2 cups flour
2 teaspoons soda

Cream butter and sugar, add egg, well beaten and the vanilla and add the rest of the ingredients mixed. Turn into a well buttered bread pan, bake slowly in moderate oven 1 hour, 350° F.

BLACKBERRY CAKE

½ cup butter
1 cup sugar
4 teaspoons cold water
1 teaspoon soda
2 eggs, separated
2 cups flour
1 cup preserved fruit, (Blackberry Jam)
1 teaspoon cinnamon
½ teaspoon cloves

Cream butter and sugar together until very light; add beaten yolks, preserves, and water, alternately with soda, spices and flour mixed. Beat thoroughly, cut and fold in beaten whites; bake in a loaf in a moderate oven, 350° F., about 45 minutes. Cool, cover with Plain Icing, page 431. Any other fruit jam may be used.

TUTTI FRUITTI CAKE

½ cup butter
1 cup sugar
1 egg
½ teaspoon salt
2 squares melted chocolate
1 teaspoon soda
1½ cups flour
1 cup sour milk
½ cup walnuts
½ cup seeded raisins

Cream the butter, add the sugar, stir well, then add the egg, beating all the time. Add the salt and when cool, the chocolate, Add the milk alternately with the flour and soda mixed. Then add the nuts and raisins and stir well. Place in a loaf pan and bake in a slow oven, 300° F., from ¾ to 1 hour, or in layers with Nut or Fruit Filling No. 3, page 438, between. Cover cake with Boiled Frosting, page 434, and when set, cover with Chocolate Icing.

DATE AND WALNUT LOAF CAKE

1 lb. stoned dates
1 lb. English walnut meats
1 cup pastry flour
½ teaspoon salt
4 teaspoons baking powder
1 cup granulated sugar
4 eggs
1 teaspoon vanilla

Stone dates, then weigh. Leave dates and nuts whole, place in mixing bowl, sift over them, each separately, the flour, salt, and baking powder, sifted 3 times. Mix carefully, add sugar and mix again. Beat yolks until light and thick, add vanilla and stir evenly through the cake mixture. Add the stiffly beaten whites. Fold over and over until all is well blended. Bake in a shallow pan, lined with buttered paper in a moderately slow oven, 325° F., 1 hour.

WHITE FRUIT CAKE

⅔ cup butter
1¾ cups sifted flour
½ teaspoon soda
2 tablespoons lemon juice
6 egg whites, beaten stiff
1¼ cups powdered sugar
⅔ cup candied cherries
½ cup candied pineapple
⅓ cup blanched pistachio nuts
½ cup sultana raisins

Cream butter well, gradually add 1¾ cups flour mixed with soda. Sift sugar into beaten whites, combine the two mixtures, add lemon juice, fruit and nuts, cut fine and sprinkled with flour. Stir well and bake in loaf pan lined with buttered paper, 1 hour at 325° F.

FRUIT OR WEDDING CAKE

2 cups (1 lb.) brown sugar
2 cups (1 lb.) butter
4 cups (1 lb.) flour
12 eggs, beaten separately
1 teaspoon soda
1 teaspoon grated nutmeg
¼ lb. each candied orange, lemon rind and citron, cut fine
½ cup molasses
2 teaspoons cinnamon
1 teaspoon ground cloves
½ lb. almonds, blanched,
½ lb. pecans, unbroken
2 lbs. seeded raisins
1 lb. sultana raisins
1 lb. each dates and figs
1 lb. candied pineapple rings
1 lb. candied cherries
½ cup fruit juice or wine substitute

Cut each ring of pineapple in 2 slices, then in half crosswise. Stone and cut dates; remove stem end from figs. Mix dates with 1 cup of flour. Mix the rest of the flour with soda and spices. Cream butter, add sugar, then the well beaten egg yolks and stir well. Add the flour mixture alternately with the liquids. Gently fold in the beaten whites, then the dates and gradually the raisins. Line 4 bread pans with waxed paper. Put in a layer of batter, add a layer of pineapple down center, fill spaces and sides lightly with citron, orange, lemon, cherries and nuts; another layer of batter, then a layer of figs, the rest of the fruit and nuts and top with remaining batter.

Have pans ⅔ full. Set pans in oven, 300° F., in pan filled with 1 inch hot water. Bake ½ hour, cover with paper, bake 2 hours longer, remove from water and bake ½ hour more in a slow oven. Remove from pans. Remove Paper. Wrap in fresh waxed paper. Store in tightly covered tin box.

Or bake in a very slow oven 4 or 5 hours (from 200° F. to 250° F.)

SPONGE CAKES

Sponge Cakes contain no butter and are made rich with eggs. The lightness depends on the amount of air beaten into the eggs. Beat yolks until thick and lemon colored, the whites until stiff enough to hold up in peaks, but still shiny. Use cake flour. Sift once, measure, sift four or more times.

Bake delicate loaf cakes in ungreased patent pans in slow oven. When baked, invert pans and leave stand until cool. Layer cakes or jelly rolls are baked in greased tins.

No. 1 SPONGE CAKE (WITH WATER)

Yolks of 2 eggs
1 cup sugar, scant
⅜ cup hot milk or water
¼ teaspoon lemon juice
Whites of 2 eggs
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt

Beat yolks until thick and lemon colored, add half the sugar gradually and beat; add milk, remaining sugar, lemon, whites of eggs beaten stiff and flour mixed and sifted with baking powder and salt. Bake 35 minutes in a moderate oven, 325° F.

No. 2

3 eggs
1 cup sugar
3 tablespoons water
1 cup flour
1 teaspoon baking powder
1 teaspoon vanilla

Beat eggs with rotary beater until light, add a few grains of salt, the sugar gradually, flavoring and the water, beating all the time. Mix flour and baking powder and fold gently into the egg mixture. Bake in a moderate oven, 325° F. in a buttered and floured cake pan. May also be used for Jelly Roll, page 464, and Mary Ann Cake, page 381.

No. 3

4 eggs, separated
1 cup sugar, sifted
¾ cup water
1½ cups flour
3 teaspoons baking powder
1 teaspoon vanilla

Sift baking powder with ½ cup of the flour. Beat yolks until light and thick, add sugar gradually and continue beating. Add

flavoring, the water and the cup of flour alternately, then the baking powder mixture and lastly fold in the stiffly beaten whites of eggs. Place in ungreased patent pan in a moderate oven, 325° F., and bake from 40 to 50 minutes. When done, invert pan. When cool, cut out.

IMPERIAL SUNSHINE CAKE

1½ cups sugar
½ cup water
6 eggs, beaten separately
1 cup flour
½ teaspoon cream of tartar
1 teaspoon flavoring

Place sugar in saucepan, add water and boil until it threads when dropped from the end of a spoon. Pour gradually in a fine stream on the stiffly beaten whites of eggs, beating until cool. Then add the yolks well beaten. Sift the flour with the cream of tartar, fold in gradually and place in a large ungreased patent tube pan and bake about 50 minutes in a moderately slow oven, 325° F. Invert to cool, then remove from pan.

No. 1 SUNSHINE CAKE

6 eggs, separated
A pinch of salt added to the eggs before beating
⅓ teaspoon cream of tartar
1 cup cake flour
1 cup sugar
½ lemon or
1 teaspoon vanilla

Sift, measure and set aside flour and sugar; then sift flour 4 times. Beat yolks with rotary egg beater until light colored and thick; gradually beat in the sugar and grated lemon rind and juice. Beat the whites with wire whip until frothy, add cream of tartar, then beat until stiff enough to hold up in peaks but not dry. Cut and fold part of the whites into the yolks and sugar; fold and cut in the flour and salt; then the rest of the egg whites. Do not stir or beat the mixture.

Place in an ungreased pan. Bake about 1 hour, 325° F. The heat should be very moderate until the cake has reached its full height.

No. 2

6 yolks of eggs
¼ cup water
1 cup sugar
½ teaspoon vanilla
½ teaspoon lemon extract
1 cup flour
6 whites of eggs
½ teaspoon cream of tartar

Beat yolks, water, sugar and flavoring with rotary beater until very light, fold in flour. Add a little salt to egg whites, beat until foamy, add cream of tartar, beat until stiff enough to hold up in peaks, but not dry, then fold carefully into other mixture. Place in ungreased angel food pan in cool oven, light burners with low flame, gradually increase, bake 1 hour or in stove with heat regulator, place in oven at 325° F. Invert pan; when cool remove cake.

GOLDEN SPONGE CAKE

6 egg yolks
¼ teaspoon salt
1 cup sugar
½ cup boiling water
1½ cups cake flour
1 teaspoon lemon extract
2 teaspoons baking powder

Sift flour and sugar several times. Add salt to egg yolks. Beat with Dover egg beater until very light. Gradually add sugar to yolks, beating all the time. Add flavoring. Stir in hot water. Sift in flour and baking powder mixed. Stir well, and at once turn into 2 greased layer cake pans. Bake slowy for ½ hour, 325° F. Place Lemon Custard, page 437, using 2 egg yolks, between layers, and on top spread Butter Frosting No. 1, page 433, adding yolk.

MOCK ANGEL CAKE

¾ cup sugar
1½ cups cake flour
2 teaspoons baking powder
¼ cup softened butter
¼ teaspoon salt
½ cup cold water or milk
1 teaspoon vanilla
White of 2 eggs

Sift flour once, measure, then sift flour, sugar, salt and baking powder together 4 times. Place in mixing bowl. Break eggs in measuring cup, fill to ½ full with softened, (not melted) butter; fill to top of cup with cold water. Add vanilla. Pour this into the flour mixture and beat hard until very smooth—turn into small ungreased angel cake pan; place in slow oven, 300° F., and bake until firm. Invert pan, when cool cut out.

No. 1 ANGEL FOOD CAKE

Whites of 8 or 9 eggs, or
Just 1 cup of whites
A pinch of salt
½ teaspoon cream of tartar
1¼ cups sugar
½ teaspoon vanilla, or
almond extract
1 cup flour

Sift flour once, then measure and sift 3 times. Add salt to the whites, beat about half, add cream of tartar, then beat whites until stiff enough to hold up in peaks but not dry. Add the sugar, sift in the flour, a little at a time, folding over and over until dampened; flavor. Bake in an ungreased pan, patent tube preferred. Place the cake in moderate oven, 300° F. to 325° F. Bake 45 to 60 minutes. Invert the pan; when cool, remove cake from pan.

No. 2 ANGEL FOOD CAKE

Whites of 8 or 9 eggs, or 1 cup egg white
¼ teaspoon salt
4 tablespoons water
1 teaspoon cream of tartar
1½ cups sugar
1 cup cake flour
1 teaspoon almond extract

Boil sugar and water together until it threads. Pour gradually in a fine stream on the stiffly beaten whites of eggs, add flavoring

and beat until cool. Mix and sift flour, cream of tartar and salt several times and gradually fold into the egg mixture. Turn into ungreased angel food pan. Place cake in moderate oven, 275° F. for the first 30 minutes, then at 325° F. until set and well browned. Press finger at top of cake. If it springs back without leaving a dent, it is done. Invert pan, cool, and remove cake.

Chocolate Angel Cake—Use ¾ cup of flour and ¼ cup of cocoa in place of 1 cup of flour in above.

Marble Angel Cake—Make Plain and Chocolate Angel Food Cakes, above. Put by tablespoons in pans, alternating chocolate and plain batters.

Maple Angel Cake—Use ½ teaspoon maple flavoring and ½ teaspoon vanilla, sprinkle sliced black walnuts through the dough.

Fruit Angel Cake—Sprinkle thin slices of fruit and nuts (cherries, pineapple, pistachio, walnuts, pecans) through the batter.

No. 1 POTATO FLOUR CAKE

4 eggs, separated
1 cup sugar
½ cup potato flour
1 teaspoon baking powder
½ lemon, rind and juice

Beat yolks of eggs with rotary beater, add sugar, grated lemon rind and juice, and continue beating. Add whites beaten stiff enough to hold up in peaks but not dry, and lastly fold in flour and baking powder mixed. Bake in moderate oven, 350° F., ½ hour.

No. 2

9 eggs
1¾ cups sugar
1 scant cup of potato flour
½ lemon, rind and juice

Separate the whites and yolks of eggs. Beat the whites of 7 eggs stiff enough to hold up in peaks but not dry. To the well beaten yolks of 9 eggs and the whites of 2, add the sugar and lemon juice. Beat thoroughly, add the potato flour, and beat again. Now fold in the beaten whites very carefully, and bake in a moderate oven, 350° F. Bake 40 to 50 minutes.

MATZOS SPONGE CAKE

8 yolks of eggs
1½ cups sugar
1 cup finely sifted matzos meal
8 whites, beaten stiff
½ lemon, grated rind and juice

Beat yolks until light, add sugar and beat again; then add a pinch of salt, the lemon, then the matzos meal and lastly fold in

the whites beaten until stiff but not dry. Bake in a moderate oven, 350° F., in spring form 45 minutes, or in two layers.

Good with sweetened strawberries between the layers. Spread whipped cream, flavored and sweetened over top and sides.

DELICATE ZWIEBACK

6 eggs, yolks
1 cup sugar
1 teaspoon anise seed
1 cup flour
1 teaspoon baking powder
6 whites of eggs

Beat yolks until thick and lemon colored, add sugar gradually and continue beating; add flour, baking powder, anise, pounded and sifted and cut and fold in the 6 whites of eggs, beaten stiff enough to hold up in peaks, but not dry. Bake in flat pan that is high on the sides, so the cake can raise in a moderate oven, 325° F., about 1 hour. When baked light brown, remove from pan and keep in a dry, cool place until the next day, then slice the cake. Brown slices slowly in the oven or toast them on both sides. Dust with powdered sugar.

ORANGE CAKE

5 eggs, yolks
1½ cups sugar
Juice of 1 orange
Grated rind of orange
2 cups flour
2 teaspoons baking powder
Whites of 3 eggs
½ cup hot water

Beat yolks light, add sugar, beat again. Then add water, orange juice and part of the rind and the flour, sifted 3 times, with the baking powder. Lastly fold in the whites of three eggs beaten stiff enough to hold up in peaks but not dry. Bake in 3 layers in a moderate oven, 375° F.

Spread Orange Filling No. 2, page 440, between layers and cover with Orange Butter Fillings, page 433.

SPONGE LAYER CAKE

2 eggs
⅔ cup sugar
5 tablespoons boiling water
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla, or
Grated lemon rind

Put eggs and sugar into a mixing bowl and beat with the egg beater till very light. Add 5 tablespoons of rapidly boiling water and beat again. Mix flour with baking powder and salt. Stir this into the eggs quickly, add vanilla and when well mixed, turn at once into two well greased jelly cake pans and bake about 12 minutes in a hot oven, 375° F. Reduce the heat as soon as well risen, and at the last turn out the burner, and remove the cake when firm.

Cream Filling—Whip 1 cup of thick cream till stiff, adding powdered sugar till sweet to taste, and flavor with vanilla.

SOUR CREAM CAKE

1 cup sugar
2 eggs
1 cup sour cream
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon lemon flavoring
1¾ cups flour

Beat sugar and eggs until very light, add the flavoring. Stir soda in sour cream and add alternately to the egg mixture, with the flour mixed and sifted with the salt and baking powder. Bake in layers or loaf in moderate oven, 350° F., 45 minutes.

CHOCOLATE LAYER CAKE, SOUR CREAM

Yolks of 4 eggs
Whites of 3 eggs
1⅓ cups sugar
1 cup thick sour cream
1 teaspoon soda
A pinch of salt
2¼ cups flour
2 squares chocolate

Beat the yolks and the sugar until very light; melt the chocolate in part of the cream over the fire; let cool and then add it to the rest of the cream. Sift the soda into the flour and add alternately with cream to the yolks and sugar; flavor and cut and fold in the whites beaten stiff but not dry. Bake in two square, shallow pans, 350° F. When cool, put together with Boiled Icing, page 434, or Chocolate Nut Filling, page 436.

CREAM CAKE

¾ cup sugar
1½ cups sifted flour
2 teaspoons baking powder
2 eggs
⅔ cup cream
1 teaspoon flavoring

Sift dry ingredients. Drop eggs into cup, fill to overflowing with cream, stir into flour mixture, add flavoring, beat well. Bake in small greased pan in moderate oven, 350° F., 45 minutes. Or bake in layers, and spread sweetened whipped cream sprinkled with freshly grated cocoanut between layers and over top.

SEVEN LAYER CAKE

7 eggs, separated
1 cup powdered sugar
1 cup flour
¼ teaspoon salt

Sift flour once, measure, add salt, sift four times. Beat egg yolks until thick, add sugar gradually, beat well, fold in flour. Beat whites until stiff enough to hold up in peaks, but not dry, and fold lightly. This will make seven layers. Fit bottom of shallow jelly cake tins with heavy paper. Grease top of paper. Spread batter evenly into four pans for the first baking, reserving enough batter for the three remaining layers. Bake in a moderate oven, 375° F., about 8 minutes. Remove at once from pans.

Make filling as follows:

3 eggs
1½ cups sugar
½ lb. sweet chocolate
3 tablespoons cold water
½ lb. butter (scant)
1 teaspoon vanilla

Melt chocolate with water in double boiler. Mix eggs and sugar, add to chocolate, cook until thick, stirring constantly. Remove from stove, add butter, stir until melted, and add vanilla. Beat until cool and stiff enough to spread. Spread between layers, over top and sides. To keep layers in place, put several toothpicks through top layers, until filling sets. Serve after 24 hours.

MOCHA LAYER CAKE

6 eggs
1 cup sugar
1 tablespoon Mocha essence
1 cup flour
1 teaspoon baking powder

Beat yolks until thick and lemon colored, add sugar gradually and continue beating. Add Mocha essence and the whites beaten until stiff but not dry. When the whites are partially mixed with the yolks, carefully cut and fold in flour, mixed and sifted with the baking powder. Bake in two layers in a moderate oven, 350° F.

Filling—Sweetened whipped cream, with 3 tablespoons mocha essence between layers; ice with Mocha Icing, page 433.

VENETIAN TORTE

Imperial Sunshine Cake
Almond Brittle
Custard Filling with Butter
2 oz. chocolate, melted
1 teaspoon instant coffee

Make Imperial Sunshine Cake, page 458. Bake in large spring form. When cold, cut into four layers.

Make Almond Brittle, page 508, cool, or put through a food chopper, using the coarse grinder.

Make Custard Filling, No. 3, with Butter, page 437. To one-half of this filling, add the melted chocolate. To the rest add the coffee, or, if preferred, use 2 tablespoons coffee essence or extract.

Place the chocolate filling between the layers of the cake, and the mocha filling over the top and sides. Sprinkle the ground almond brittle over top and sides.

SWEDISH LAYER CAKE

5 whites of eggs
½ teaspoon cream of tartar
1 cup sugar
¼ cup cocoa
½ cup flour
½ teaspoon vanilla

Beat eggs until foamy, add cream of tartar, sugar and cocoa and beat until very stiff; add vanilla, fold in flour and bake in 2

shallow buttered pans in moderate oven, 350° F., about 20 minutes. Put following filling between and on top. Melt ½ lb. marshmallows over hot water. Boil 1 cup sugar and ⅓ cup boiling water until it threads, pour slowly on marshmallows, add vanilla, beat until thick enough to spread. Sprinkle top with chopped pistachio nuts and candied cherries. Layers may be cut in 2-inch squares, frosted and served as small cakes.

MATZOS SPONGE ROLL

½ cup fine matzos meal ½ cup sugar 4 eggs, separated

Beat yolks well, add sugar, then the matzos meal very finely sifted and then the stiffly beaten whites. Spread on a greased paper, on a baking tin, bake 10 minutes, in a hot oven, 375° F. Turn it out onto a sugared board, remove the paper, spread quickly with Chocolate Filling No. 3, page 433, or with Orange or Lemon Filling No. 1, page 440, or with jam and roll it up.

JELLY ROLL

No. 1

5 eggs, separated
1 cup sugar
1 cup flour
Grated rind of 1 lemon
2 tablespoons lemon juice

Beat yolks well, add sugar, beat until thick, add lemon rind and juice and half of the flour and half of the stiffly beaten whites, then the rest of the eggs and flour. Pour into large, well greased pan, not more than ¼ inch thick. Bake in a hot oven, 375° F., 12 to 15 minutes. Turn on sheet of heavy paper or damp cloth. Beat jelly with fork and spread on cake. Trim off crusty edges and roll while warm. Wrap in paper or cloth and set aside to cool.

No. 2

Make Sponge Cake, No. 2, page 457, then follow directions for making Jelly Roll, above.

CHOCOLATE SPONGE ROLL

2 eggs
1 cup sugar
¼ cup hot water
1 teaspoon vanilla
2 squares chocolate
2 tablespoons shortening
1¼ cups flour
2 teaspoons baking powder
½ teaspoon salt

Add sugar slowly to well beaten eggs, then hot water. Add vanilla, melted chocolate and melted shortening without beating. Sift flour, baking powder and salt together 3 times and sift into mixture, folding in as lightly as possible. Pour into large baking pan lined with oiled paper (batter should be not more than ¼ inch thick) and bake in moderate oven, 350° F., about 20 minutes. Turn out on a wet hot cloth. Remove crust on 4 sides, spread with Plain Icing, page 431, and roll while still warm.

CHAPTER XXXV

ICE BOX CAKES

GENERAL RULES

Line bottom and sides of a spring form, melon mould or a deep cake form with lady fingers, separated, rounded side toward the pan and close together or use Mary Ann pan, page 381.

Prepare any of the following fillings and proceed as follows:

Place a layer of the filling in form on lady fingers, on top of this arrange another layer of lady fingers, another layer of the filling and so on, according to the size of the form, placing lady fingers on top like spokes of a wheel. Place in icebox or cold place, let stand 20 to 24 hours and when ready to serve, remove rim of form, place cake with tin bottom to platter, cover top with the whipped cream, adding while whipping, ½ cup confectioner's sugar, and ½ teaspoon vanilla. Decorate, if desired, with pistachio nuts, or candied cherries, cut in fine pieces.

Or, bake Angel or Sponge Cake. Cut in ½ inch slices lengthwise, then in inch strips. Use in place of lady fingers.

CHOCOLATE ICEBOX CAKE

No. 1

30 lady fingers
½ pt. whipped cream
4 eggs, separated
½ lb. sweet chocolate
3 tablespoons water
3 tablespoons sugar

Line the sides and bottom of a small spring form, melon or bundt form with the lady fingers.

Chocolate Filling—Melt chocolate in double boiler, add sugar and the water with the yolks of eggs well beaten. Cook slowly until thick and smooth, stirring constantly. When cool, add the stiffly beaten whites of eggs. Place filling in cake form, following direction in "General Rules," above.

Or, use Chocolate Charlotte, page 376, for filling.

No. 2

2½ doz. lady fingers
1 cup unsalted butter
1 cup confectioner's sugar
2 squares (2 oz.) chocolate
½ cup granulated sugar
¼ cup water
4 eggs, separated
½ pt. heavy cream, whipped

Line bottom and sides of a spring form with lady fingers, separated, rounded side toward the pan and close together.

Chocolate Filling—Place chocolate, sugar and water in double boiler and when melted and smooth, add very gradually the yolks well beaten; cook until thick and smooth, stirring constantly. Remove from stove and cool. Cream butter and confectioner's sugar well together, add the egg mixture, stir well and lastly fold in the stiffly beaten whites of eggs. Place filling in cake form, following directions in "General Rules," page 465.

Decorate with candied cherries, or pistachio nuts, cut fine.

MOCHA ICEBOX CAKE

2½ doz. lady fingers
1 cup hot milk
¼ cup Mocha coffee grounds
½ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
3 eggs, separated
1 teaspoon vanilla
½ pt. heavy cream, whipped

Line bottom and sides of a spring form; deep fluted cake form with tube in center, with lady fingers, rounded side down and placed close together.

Mocha Filling—Pour the hot milk over coffee grounds and let stand where it will keep hot for 10 minutes. Strain, mix cornstarch, salt and sugar in double boiler, add the yolks, well beaten, and pour and stir in the coffee infusion gradually. Cook slowly until thick and smooth and while still warm, fold in the stiffly beaten whites of eggs. Place filling in cake, following directions in "General Rules," page 465.

ALMOND OR PECAN ICEBOX CAKE

1 cup butter, unsalted
1⅓ cups powdered sugar
3 whole eggs
3 eggs, separated
½ pound blanched and grated almonds
1 pt. cream, whipped
30 macaroons
18 lady fingers

Line the bottom of spring form with stout waxed paper, separate and place lady fingers close together on sides of pan, rounded ends cut off, the rounded side toward the pan. Lay the macaroons close together on bottom, flat side down and fill in the small spaces with the lady finger ends. Cream butter and sugar, add three eggs, one at a time, and stir well. Add the yolks of the remaining 3 eggs, well beaten, then the nuts and lastly fold in the beaten whites. Take ½ of this mixture and cover the macaroons, add another layer of macaroons, then the rest of the mixture. Place

in icebox 30 hours to harden. When ready to serve, remove rim of cake pan slip on cake platter, leaving cake on tin bottom, and cover top with the whipped cream, adding while whipping ¼ cup confectionery sugar and flavored with vanilla—decorate with candied cherries or pistachio nuts, cut up.

LEMON ICEBOX CAKE

No. 1

2½ doz. lady fingers
1 cup rich milk
1 tablespoon butter
1 teaspoon cornstarch
½ cup sugar
3 eggs, separated
Juice of 1 lemon
½ pt. heavy cream

Lemon Filling—Place cornstarch, sugar, yolks of the eggs slightly beaten, milk and butter in a double boiler, let cook slowly, until thick and smooth, stirring constantly, add the lemon juice and while still warm, fold in the stiffly beaten whites of eggs.

Cover bottom and sides of melon mould with lady fingers, separated, rounded side toward the pan and close together. Place filling in this, following directions in "General Rules," page 465. Place in icebox for 12 or more hours. When firm, serve decorated with whipped sweetened cream.

No. 2

3 doz. lady fingers
½ cup unsalted butter
1 cup confectioner's sugar
¼ cup milk
¼ cup granulated sugar
1 tablespoon cornstarch
3 eggs, separated
Juice of 1 lemon
Rind of ½ lemon
½ pt. heavy cream, whipped

Line bottom of a spring form with lady fingers, separated, flat side toward the pan and placed close together.

Lemon Filling—In a double boiler, place the well beaten yolks and the granulated sugar and cornstarch mixed with the milk; cook slowly until thick and smooth, stirring constantly. Remove from fire, add lemon juice and rind and cool. Cream butter and confectioner's sugar well, add to the egg mixture and lastly fold in the stiffly beaten whites of eggs.

Place filling in cake form, following directions in "General Rules," page 465.

ORANGE ICEBOX CAKE

Follow recipe for Lemon Icebox Cake No. 1 or No. 2, above, using juice and rind of orange and rind only of the lemon.

CHAPTER XXXVI

TORTEN

Torten are cakes that usually contain no butter, but are made rich with nuts and light with eggs, while bread or cracker crumbs usually take the place of flour.

The nuts are chopped, rolled or ground fine, mixed with crumbs and spices. The eggs are beaten separately. Yolks beaten with sugar and nuts, crumbs and spices added. Whites folded in last. Torten are baked slowly in a moderate oven.

ANGEL TORTE

½ lb. powdered sugar
½ lb. almonds
A few bitter ones
½ lb. dates
5 eggs, separated
2 teaspoons baking powder

Blanch almonds, reserving a few sliced to decorate top, chop the rest fine or grind. Stone dates, pour boiling water over them, drain and rub to a smooth paste.

Beat the yolk of 1 egg and stir in a small portion of the date pulp and some sugar, and continue until egg yolks, dates and sugar are all well mixed. Add almonds and stir lightly into the cake mixture. Sprinkle baking powder over the beaten whites of the eggs, folding them in carefully. Bake in well greased and floured spring from in moderate oven, 350° F. When cool, cut in 2 layers and spread Whipped Cream, page 441, between and on top. Sprinkle with a few sliced almonds.

ALMOND OR HAZELNUT TORTE

12 eggs, separated
10 oz. grated almonds or hazelnuts unblanched
10 oz. powdered sugar
1 lemon, juice and rind
¾ cup cracker crumbs

Beat yolks and sugar well together. Add the lemon, almonds and cracker crumbs, and beaten whites, last. Place in a spring form. Bake in moderate oven ¾ to 1 hour, 350° F. Cut in two crosswise, and spread Butter Filling, page 433, with lemon flavor between layers.

ALMOND TORTE WITH LADY FINGERS

10 eggs
1½ cups (¾ lb.) sugar
¾ lb. almonds, unblanched
1 cup grated lady fingers

Beat the yolks and sugar until very light; add vanilla, grated almonds, lady fingers mixed with 1 teaspoon baking powder,

lastly the whites of the eggs, beaten to a stiff froth. Place in spring form and bake in moderate oven, 350° F., about 1¼ hours. Bake 3 days before using; then cut crosswise in 4 layers and the day before using put Almond Custard Filling, age 437, between.

ALMOND FIG TORTE

8 eggs, separated
½ lb. almonds, grated
1 cup sugar
½ cup bread crumbs
2 teaspoons flour, mixed with ½ teaspoon baking powder
Juice and rind of 1 lemon

Beat the yolks with the sugar until light. Add the almonds, bread crumbs and lemon. Then fold in lightly, the beaten whites, and the flour and baking powder mixed. Bake in a spring form for 1 hour in a moderate oven, 350° F.

Allow the cake to cool somewhat, then cut crosswise through the center into two layers and put in a filling of 1 glass raspberry jelly and 1 cup chopped walnuts.

Frost with the following mixture:

2 cups confectioner's sugar
2 tablespoons maraschino
4 tablespoons cream

Stirred until smooth. Spread over top and sides. (For trimming the cake use half walnuts and slices of figs.)

LINZER TORTE

1 cup sugar
1 cup sweet butter or shortening
3 eggs, separated
½ lb. almonds, chopped fine
2 oz. bitter almonds
1 lemon, grated rind and juice
2 cups flour, sifted several times
1 glass jam

Cream butter and sugar well. Add yolks, then almonds and flour, lastly beaten whites. Roll out or pat and line spring form, bottom thicker then sides. Fill with fine jam, put strips of dough on top. Bake in moderate oven, 350° F. Before serving, fill holes on top with fresh jam.

HAZELNUT TORTE

1 lb. shelled hazelnuts
1 lb. powdered sugar
11 eggs, separated
1 teaspoon finely ground coffee

Beat yolks well, add sugar gradually, beating all the time, then add nuts, ground in meat chopper, the coffee, a little lemon rind if desired, and lastly fold in the stiffly beaten whites. Bake in a large buttered spring form in a moderate oven, 350° F., about 50 minutes.

BLITZ TORTE

½ cup butter or substitute
½ cup sugar
4 egg-yolks, beaten light
1 teaspoon vanilla
3 tablespoons milk
1 cup flour
1 teaspoon baking powder
5 whites of eggs

Cream the shortening; gradually beat in the sugar, egg-yolks, vanilla, milk and flour sifted, with the baking powder. Spread the mixture in 2 round shallow baking pans. Whip the whites of 5 eggs, very lightly, add ¾ cup of sugar gradually and spread on the unbaked mixture in both pans. Sprinkle with ½ cup chopped or sliced blanched almonds, 1 tablespoon sugar and ½ teaspoon cinnamon and bake in a moderate oven, 350° F., about 30 minutes. Let cool and spread over Sour Cream Filling, page 440, or Custard Filling, page 437, using lemon or orange flavor between the 2 layers.

BROD TORTE

5 yolks of eggs
1 cup sugar
1 cup almonds, blanched and grated
1 cup grated bread
1 lemon, juice and rind
5 egg whites, beaten stiff
1½ teaspoons baking powder

Beat yolks and sugar until very light, soak the crumbs in the lemon juice and add and mix all together, the beaten whites last. Bake in 2 layers, 350 ° F., Brod Torte Filling, page 439, between.

BLUEBERRY TORTE

1 qt. canned blueberries
Yolk of 1 egg
1 tablespoon cream
1 tablespoon sugar
Whites of 4 eggs
¼ cup powdered sugar

Make Muerbe Teig, pages 404, 405. Roll out thin and spread over bottom and sides of a greased spring form. Place in a hot oven, 400° F., and when half baked, add the blueberries, drained. Add cream and sugar to beaten yolk and pour over the berries. Bake in a moderate oven, 350° F., until crust is well browned. Have ready the whites of eggs, stiffly beaten, add the powdered sugar, return to oven to brown slightly.

FILLED TORTE (Cherries)

Make Muerbe Teig, pages 404, 405. Roll out, spread over bottom and sides of a greased spring form. Place in hot oven, 400° F. When partly baked, cover with canned cherries, drained (3 cups). Then cover the top with a sponge made as follows:

6 yolks
¼ lb. sugar
¼ lb. almonds
Rind of 1 lemon
Whites of 6 eggs, to stiff froth.

Cream egg yolks and sugar well; add almonds, blanched and ground and the lemon rind. Fold in the stiffly beaten whites. Bake light brown in a moderate oven, 350° F., ¾ to 1 hr.

CHEESE TORTE (WITH ZWIEBACK)

1½ lbs. cottage cheese
1 cup sugar
4 eggs
½ pint cream
Speck of salt
½ lemon, juice and rind
¼ cup flour
1 package swieback, (6 oz.)
1 cup sugar
1 teaspoon cinnamon
½ cup butter, melted
¼ cup pistachio nuts, chopped

Roll zwieback fine, mix with 1 cup sugar, cinnamon and the melted butter, and set aside ¾ cup of the mixture to sprinkle over top. Butter a 9-inch spring form well, spread and press zwieback mixture on bottom and sides of form, or spread fresh unmelted butter on bottom and side of form, and press cinnamon and zwieback mixed, into butter. Beat eggs, without separating, with sugar until light, add salt, lemon, and if desired, vanilla. Stir the cream in well, then add cheese and flour, and mix all together and strain through a fine sieve. Stir until smooth, pour into swieback lined form, sprinkle remaining zwieback mixture over top, add nuts and bake in a moderately slow oven, 325° F., 1 hour. Turn off heat, let stand in oven 1 hour or until cooled, remove rim of spring form, and place with tin bottom on serving plate.

CHESTNUT TORTE

1½ lbs. chestnuts
8 yolks
8 tablespoons sugar
8 whites
2 oz. grated almonds
1 teaspoon grated bread
1 tablespoon maraschino

Shell Chestnuts, page 210, then boil in a little milk until tender, and put through the ricer. Cream beaten yolks and sugar, add crumbs, nuts, and other ingredients and lastly, the beaten whites. Bake in a spring form in a moderate oven, 350° F., until set.

CHOCOLATE TORTE

9 eggs, separated
⅜ lb. powdered sugar
⅜ lb. ground almonds
⅜ lb. melted sweet chocolate
1 teaspoon vanilla

Beat yolks of eggs with sugar and vanilla, add melted chocolate gradually. Add the almonds and fold in the stiffly beaten whites. Bake in a greased cake pan with center tube, about 1 hour, in a moderate oven, 325° F. Cover with Butter Frosting, page 433, using the chocolate flavor. Stick almonds which have been sliced and browned in oven, ½ way through top of frosting an inch apart.

CHOCOLATE ZWIEBACK TORTE

1 cup sugar
6 eggs, separated
1 cup grated chocolate
1 cup zwieback, grated
½ cup almonds, grated
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon baking powder

Mix the zwieback and baking powder. Stir yolk and sugar very light, add other ingredients, and lastly the whites of egg, beaten very stiff. Bake in two layers, 325° F., spread raspberry jelly between and Chocolate Frosting, page 432, on top.

COFFEE CREME TORTE

8 eggs, separated
½ lb. powdered sugar
½ lb. almonds, grated
2 oz. coffee, pulverized
1 teaspoon vanilla

Beat the yolks until thick. Add the sugar; then the almonds and coffee and vanilla, and lastly fold in the well beaten whites. Bake in two layers in a moderate oven, 350° F. Use the following:

Creme for Filling and Frosting—6 oz. fresh, unsalted butter, 6 oz. powdered sugar, 4 yolks, 1 tablespoon coffee essence.

Cream butter and eggs together, add each yolk separately, and coffee essence drop by drop. Decorate with small chocolate wafers and candied cherries. Keep in a cold place to harden.

Cut with a knife dipped in hot water.

DAISY TORTE

10 eggs, separated
1 cup sugar
¾ cup sweet chocolate
¾ cup sweet almonds
8 bitter almonds
1 cup stale wheat bread crumbs
½ teaspoon cinnamon
½ teaspoon cloves
1 teaspoon baking powder
1 lemon, juice and rind

Stir yolks and sugar together. Grate almonds and chocolate. Mix dry ingredients and add the rest, beaten whites lastly. Bake in three layers in moderate oven, 350° F. Place Custard Filling No. 1, page 437, between layers. Cover top and sides with Chocolate Frosting, page 433. Arrange halves of large blanched almonds in a circle around center of top, fill center with candied orange rind, chopped fine.

FARINA TORTE

6 yolks of eggs
1 cup of sugar
1 cup sweet almonds, grated
1 cup farina, with
1 teaspoon baking powder
6 whites of eggs, beaten

Stir sugar and beaten yolks until very light, the almonds, grated; then mix in the order given, and bake in spring form, moderate oven, 350° F., 40 minutes.

No. 1 DATE AND WALNUT TORTE

2 eggs
1 cup sugar
1 cup walnuts, chopped
1 cup dates, cut fine
2 tablespoons flour
1 teaspoon baking powder
2 tablespoons rich milk
¼ teaspoon vanilla

Beat eggs very light, add sugar and milk and continue beating, add flour mixed with the baking powder and lastly the nuts and dates. Bake in a moderately slow oven ½ hour, 325° F. If desired for dessert, cover with Whipped Cream, page 441.

No. 2

4 eggs, beaten light
1 cup sugar
2 teaspoons baking powder
¼ teaspoon salt
1 cup cake flour
1 cup cut dates
1 cup broken walnut meats
½ teaspoon vanilla

Add the sugar gradually to the beaten eggs. Combine dry materials with nuts and dates and cut and fold into the egg mixture, add flavoring. Bake in moderately slow oven for 40 minutes, 325° F. Cut in squares and serve with whipped cream.

DATE TORTE

9 eggs
1¾ cups sugar
16 dates, sliced
3 tablespoons grated chocolate
2 tablespoons citron, cut fine
1 teaspoon cinnamon
1 teaspoon allspice
1 heaping cup cracker crumbs
2 tablespoons lemon juice
2 tablespoons almonds, cut

Rub the dates to a smooth paste with the lemon juice. Add almonds and citron. Beat two whole eggs and seven yolks, add sugar, beat again, add the dates, chocolate and spices and cracker crumbs and stir in well, and lastly fold in the beaten whites of the eggs. Bake in a good sized spring form 40 minutes in moderate oven, 350° F. *Note*—Prunes may be used instead of dates.

RUSSIAN TORTE

Angel Food Cake
½ cup chopped almonds, roasted
2 tablespoons granulated gelatine
¼ cup water
1 cup powdered sugar
⅛ teaspoon salt
2 tablespoons Mocha essence
8 egg yolks
1 pint XX cream
1 teaspoon vanilla

Make Angel Food Cake, page 459. Cut in two, the bottom layer a little thicker than the top. Soak gelatine in the water about 5 minutes. Put over boiling water to dissolve. Then add powdered sugar, mocha or 2 tablespoons cocoa, and let stand. Beat the yolks of eggs well, add the cream, beaten stiff, and vanilla.

Combine the two mixtures, beating thoroughly. Spread the gelatine mixture between layers and over the top of cake. Sprinkle with the chopped almonds roasted in the oven with a teaspoon of butter until a light brown.

FILBERT TORTE

½ cup bread crumbs
1½ cups powdered sugar
1 lemon, grated rind
8 yolks of eggs
Juice of ½ lemon
½ lb. grated filberts or hazelnuts
8 whites of eggs, beaten stiff

Beat yolks and sugar until very light, add bread crumbs and the rest of the ingredients in order, the beaten whites last. Bake in a moderate oven 40 to 45 minutes, in a spring form, 325° F. Frost with Nut Frosting, page 438. Decorate with nuts.

Or, bake in two layers, with fresh strawberries, or sweetened whipped cream, between and on top of cake.

CHERRY CREAM TORTE

Part 1—Rich Pastry—Line a 10-inch spring form with Muerbe Teig No. 1, page 404.

Part 2—Almond Paste—

½ lb. grated almonds
¾ cup sugar
Grated rind of a lemon
4 egg whites

Grind almonds without blanching, add sugar, lemon rind and mix well. Then fold in the stiffly beaten whites of eggs. Place mixture on top of dough in spring form.

Part 3—Cherry Filling—Take canned cherries, pitted, strain and place drained cherries (about 3 cups) to cover top of almond paste.

Part 4—Cream Custard

1 pint plain cream
10 egg yolks, well beaten
3 tablespoons sugar
10 egg whites, beaten stiff

Place the cream and the sugar in top of double boiler; when hot, pour very gradually onto the well beaten yolks. Return to double boiler, cook slowly, stirring constantly until the mixture coats the spoon. Fold in the beaten egg whites and pour over the cherries. Bake in a moderate oven (350° F.) for 1 hour.

FILLED TORTE (Macaroon)

Muerbe Teig
Whites of 14 eggs
2 cups powdered sugar
1 lb. blanched and grated almonds
1 teaspoon vanilla

Line sides and bottom of spring form with Muerbe Teig, page 404. Beat whites of eggs very stiff, add sugar and beat again, until stiff and dry, add vanilla and fold in the grated almonds.

Place the nut mixture in the dough-lined spring form and bake 1 hour, in moderate oven, 325° F., and serve with Whipped Cream.

HIMMEL TORTE

¾ lb. butter
4 tablespoons sugar
4 yolks of eggs
4 cups (1 lb.) flour
Grated rind of lemon

Cream the butter and sugar together and add yolks of eggs, one at a time; then the flour and grated lemon rind. Bake in three layers, 375° F. Spread the top of each layer with white of egg to moisten, a sprinkling of cinnamon, sugar and chopped almonds. Put raspberry jelly on top of two layers, and over all the following:

Creme—1 pint thick, sour cream, vanilla, 2 tablespoons cornstarch and sugar mixed. Cook until smooth, stir onto the beaten yolks of 2 eggs.

CHERRY TORTE

Grated rind of 1 lemon
3 whites of eggs
6 oz. powdered sugar
1 cup chopped almonds
1 can cherries
Whipped Cream Filling

Make Muerbe Teig, page 404-405, place in 3 layer tins, patting the paste in shape with the hands. Beat the whites of eggs stiffly, add 6 oz. powdered sugar, spread on layers and sprinkle the almonds over the egg mixture and bake in a moderate oven. When ready to serve, place cherries pitted and drained, between layers, (other fruit if desired). Cover top with Whipped Cream, sweetened and flavored, page 441.

KISS OR SCHAUM TORTE (Meringue)

6 whites of eggs
2 cups granulated sugar
1 teaspoon vanilla
1 teaspoon vinegar

Beat eggs with flat wire spoon until stiff enough to hold up in peaks, then beat in two tablespoons at a time, 3 times, beating thoroughly after each addition, add vanilla, vinegar and fold in rest of the sugar.

Grease a spring form and pour in it ⅔ of the mixture. Make small kisses dropped from a teaspoon with the rest of the mixture and form in a circle on a tin, the same size and shape as the spring form. Bake a hour or longer in slow oven, 300° F. Fill with whipped cream and berries or ice cream and decorate top with the circle of baked kisses. See recipe for Kisses, page 500.

LADY FINGER TORTE

6 eggs, yolks
1½ cups granulated sugar
9 large or
11 dry lady fingers, rolled fine
2 tablespoons lemon juice
1 cup grated almonds
Pinch salt
5 eggs, whites

Beat yolks and sugar very light, until lemon colored. Add the rest of the ingredients, the beaten whites last. Bake in two layers

in moderate oven, 325° F., 40 minutes. Spread Nut Filling, page 438, between layers.

LEMON TORTE

2 medium lemons — Rind and juice of 1 lemon
½ lb. powdered sugar — 6 eggs
½ lb. sweet butter — Rich pastry

Line bottom and sides of a spring form with Cookie Dough No. 2, page 404. Cream butter, add sugar, grated lemon rind and the lemon juice. Stir until creamy. Beat the whole eggs with Dover beater until like butter. Mix gently with other mixture and place on dough. Set immediately in hot oven, 400° F., and bake ½ hour. Remove rim of form and serve on platter on the bottom of baking tin.

MACAROON TORTE

¾ lb. almonds — Juice and part of the grated
½ lb. powdered sugar — rind of a lemon
7 whites of eggs — Muerbe Teig, No. 1

Steam the sugar, sifted, and whites of eggs in the double boiler for 5 minutes, stirring constantly. Blanch and grate the almonds, using the coarse grater; add the sugar and eggs with the lemon. Line a Torte (spring) form with the Muerbe Teig No. 1, page 404, spread the top of the dough with gooseberry preserves or with gooseberry or cherry conserve. Fill with macaroon mixture. Bake ¾ hour in moderate oven, 350° F.

No. 1 MARZIPAN TORTE

As the foundation of the torte, bake any good sponge or butter cake in a round layer cake tin.

For the top beat until stiff, whites of 1½ eggs, (to divide egg beat up slightly with fork), add 1 cup sugar gradually, continue beating, then add ¼ pound grated almonds. Sugar board and hands and roll the mixture into strips. Lay two strips, the width of the cake, crossing each other through the center. Add the rest of the strips like spokes of a wheel. Lay one long strip on outer edge around cake. Return to moderate oven, 350° F., to dry out. When ready to serve fill spaces with preserved fruit.

No. 2

½ lb. flour — 2 tablespoons sugar
¼ lb. butter — 2 yolks of eggs
2 tablespoons water

Pastry—Mix flour, sugar and butter, add eggs and water, put in a cool place to harden, then roll out the dough.

Filling—1 pound almonds, blanched and dried the day before, then grated. 1 pound powdered sugar, juice of 2 lemons. Place

on fire until it cooks (or is very hot); then stir a short time, add the whites of 8 eggs beaten stiff. Line a spring form with the dough, put in the mixture, place strips of dough over the top and bake in a moderate oven 1 hour, 325° F. Dust with powdered sugar and candied cherries to decorate.

STRAWBERRY SHORTCAKE TORTE

9 eggs, whites
¾ lb. sugar
¾ cup almonds, blanched
1 teaspoon vanilla
1 qt. strawberries, sugared
1 pt. whipped cream

Beat eggs stiff and dry in large bowl with flat wire beater. Add sugar gradually, continue beating; add flavoring and lastly fold in nuts, chopped fine or ground through almond grinder. Spread evenly in two buttered and floured cake pans, bake from 25 to 30 minutes in moderate oven, 325° F. Put strawberries, cut and sugared, and whipped cream between layers and on top.

MATZOS TORTE

6 yolks, beaten
1 cup sugar
1 tablespoon lemon juice
1 cup chocolate, grated
1 cup almonds, blanched and grated
Grated rind of ½ lemon
½ cup matzos meal or 1 cup cracker meal
1 teaspoon baking powder
6 whites of eggs, beaten stiff
1 teaspoon each cinnamon allspice and cloves

To the beaten yolks add the sugar and beat well. Mix the dry ingredients; stir all together, adding beaten whites last.

Bake in spring form or in layers, 350° F., with jelly between. Ice top and sides with Chocolate Frosting, page 435.

MATZOS CHOCOLATE TORTE

4 yolks, beaten
½ cup sugar
¼ lb. almonds, blanched
¼ lb. sweet grated chocolate
¼ lb. raisins
⅓ cup matzos meal, sifted fine
Juice of an orange
¼ cup grape juice
4 whites, beaten stiff

Beat sugar and eggs until very light, add almonds, grated, raisins, matzos meal, grape and orange juice, and lastly the whites of eggs. Bake in spring form in moderate oven, 350° F.

MATZOS ALMOND TORTE

5 eggs, separated
1 cup sugar
1 cup almonds, ground without blanching
¾ cup matzos meal
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon cloves

Separate the whites and yolks of eggs. To the well beaten yolks add the sugar and beat until thick, add the almonds and the rest

of the dry ingredients, mixed; and lastly fold in the stiffly beaten whites of the eggs. Place in spring form and bake in moderate oven, 350° F.

MOSS TORTE

10 yolks of eggs
7 whites of eggs
1 cup powdered sugar
6 ounces almonds, grated
A little cinnamon
A little citron, cut fine
Rind of 1 lemon
Juice of ½ lemon
1 teaspoon baking powder

Stir yolks with sugar until light, add some of the grated almonds, lemon juice and rind; then citron, mixed with the rest of the grated almonds and lastly the beaten whites. Bake in spring form or in layers in a moderate oven, 325° F., and put Whipped Cream, page 441, or a Custard Filling, page 437, with grated almonds between layers.

MUSHKAZUNGE

7 whites of eggs, unbeaten
½ lb. almonds, grated and unblanched
½ lb. granulated sugar
½ teaspoon cinnamon
Rind of ½ lemon

Mix and bake 20 minutes in a long, shallow pan in a moderate oven, 350° F.

ORANGE TORTE

8 eggs
1 cup sugar
½ lb. grated almonds
2 tablespoons bread crumbs
2 oranges, rind and juice

Beat sugar with the yolks and stir until very light; add almonds, bread crumbs, juice and grated rind of the oranges and beaten whites of eggs.

Bake in two layers, in a moderate oven, 350° F., ½ hour, in spring forms. When cold spread jelly between the layers. Spread Orange Butter Frosting, page 433, over top of cake and decorate with orange sections and candied cherries.

Half the cake recipe may be used, baked in a square shallow pan, cut into small oblongs or squares, frosted and decorated for Bunte Schuessel, page 483.

PEACH OR PEAR TORTE

Cookie Dough No. 2, page 404
1 qt. can peaches or pears
3 eggs, separated
½ cup cream or fruit juice
½ cup sugar

Drain fruit, place on dough, pour over a custard made by beating yolks of 3 eggs well with sugar, adding cream or fruit juice and

place in hot oven, 400° F., for 10 minutes. Reduce heat to 350° F. and bake until custard is set. When nearly cool, sprinkle with Ground Almond Brittle, page 507, and if desired, serve with whipped cream.

POTATO CHOCOLATE TORTE

1 cup butter
2 cups of sugar
½ cup of cream
1 cup freshly cooked riced potatoes
1 cup of chopped almonds
4 squares of chocolate, melted
¼ teaspoon cloves
1 teaspoon cinnamon
4 yolks of eggs
1½ cups of pastry flour
1 teaspoon vanilla
Rind of lemon
2 teaspoons baking powder
4 whites of eggs, beaten

Cream the butter and sugar together, add one yolk of egg at a time, and the rest of the above ingredients, lastly beaten whites. Bake in 9-inch spring form, moderate oven, 325° F., 1½ hours. Chocolate Frosting, page 432, on top.

No. 1 POPPYSEED TORTE

1 cup poppyseed
6 yolks
¾ cup sugar
Grated rind of lemon
¼ cup ground almonds, sweet and bitter mixed
2 tablespoons raisins chopped
1 tablespoon citron, cut fine
1 teaspoon vanilla
6 whites
Muerbe Teig

Line a spring form with Muerbe Teig, page 404, sprinkle with bread crumbs. Grind poppyseed fine in coffee mill, throw away the first bit, to lose the coffee taste. Beat the yolks with the sugar until light, add the rest of the ingredients, the stiffly beaten whites last. Fill in the form and bake in moderate oven, 350° F., until well set and browned at the bottom.

No. 2

9 eggs
9 tablespoons sugar
9 tablespoons ground poppyseed
⅓ lb. grated almonds
1 lemon, juice and rind
1 teaspoon cinnamon
1 oz. sweet chocolate
1½ teaspoons baking powder
4 tablespoons lemon juice

Mix poppyseed, almonds, cinnamon, sweet chocolate and baking powder. Beat yolks of eggs, add sugar and stir well, then lemon and the dry ingredients, and lastly, fold in the whites beaten stiff. Bake in well greased spring form in moderate oven.

PRUNE TORTE

Muerbe Teig
1 lb. prunes
Whites of 2 eggs
Grated rind of lemon
¼ cup powdered sugar
1 cup chopped nuts

Line bottom and sides of a spring form with Muerbe Teig No 2, page 404, pressing it in shape with the hands. Cook prunes, page 334, stone and chop fine and place into lined tin. Beat the whites of eggs very stiffly, add sugar and the grated lemon rind, spread this over the prunes and sprinkle the chopped nuts on top. Bake in a quick oven, 400° F., 40 minutes or until crust is well baked.

REGENTS TORTE

3 eggs, separated
1¼ cups sugar
½ lb. almonds
Raspberry or currant jelly

Beat yolks of eggs very light with ½ cup sugar, add ¼ pound of the almonds blanched and chopped fine or grated. Bake in small, well-greased spring form, in a moderate oven, 350° F. When partially cool spread with any tart jelly and cover with the following meringue. Whip the whites of the 3 eggs very light, add ¾ cup sugar and ¼ pound grated almonds. Place in a moderate oven to brown slightly.

No. 1 RYE BREAD TORTE

4 eggs
1 cup sugar
1 cup rye bread crumbs
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon cloves

Separate the yolks and whites of eggs. To the well beaten yolks add the sugar and beat until very light. Add the rest of the ingredients, the stiffly beaten whites of eggs last. Place in spring form and bake in moderate oven, 350° F., about 40 minutes.

No. 2

10 yolks of eggs
2 cups of sugar
1¾ cups rye bread crumbs
1 cup grated chocolate
½ teaspoon cinnamon
¼ teaspoon cloves
¼ cup chopped almonds
A little citron, chopped
3 tablespoons preserved or stewed fruit
¼ cup fruit juice
10 whites of eggs, beaten
2 teaspoons baking powder

Stir the yolks of eggs and sugar until very light. Toast the bread. Mix the dry and then add the other ingredients, lastly beaten whites. Bake in spring form, 1 hour, moderate oven, 350° F.

No. 1 WALNUT TORTE

6 eggs, separated
½ lb. granulated sugar
¼ lb. grated walnuts
6 grated lady fingers
2 tablespoons flour
1 teaspoon baking powder
½ lemon, juice and rind

Beat the yolks with the sugar, add the other ingredients in given order; mixing baking powder with flour and lastly, folding in the stiffly beaten whites. Bake in layers in moderate oven, 350° F. Flavor with vanilla and coffee extract in place of the lemon, if desired.

Place Custard Filling, page 437, adding 1 cup chopped walnuts, if desired, between; and cover top and sides with Chocolate Butter Frosting, page 433, or Nut Filling, page 438.

No. 2

1 lb. English walnuts or almonds
1 cup sugar
9 eggs
¼ cup grated chocolate
½ cup of fine cracker crumbs

Chop the nuts, reserving 23 halves for decorating the top. Mix the chopped nuts and chocolate. Beat yolks thoroughly with Dover beater, add sugar, and beat again. Then mix with the nuts, crumbs and chocolate, and stir well. Beat whites of eggs until stiff and add lastly, just as in sponge cake. Bake in moderate oven 45 minutes in buttered spring form, 350° F. Cover top and sides with Fudge Frosting, page 435.

ZWIEBACK TORTE

¾ cup sugar
6 yolks, beaten
¼ lb. grated almonds
Juice and rind of ½ lemon
¼ lb. grated zwieback
½ teaspoon cinnamon
½ teaspoon cloves
6 whites
2 teaspoons baking powder

Stir sugar and yolks, mix dry and add the other ingredients, beaten whites last. Place in spring form, in moderate oven, 350° F., and when nearly done sprinkle a little maraschino and sugar over the top.

CREAM TORTE

Make Sunshine Cake, page 458, in spring form. Cut a half inch slice off the top. Scoop out the inside, leaving 1 inch wall at bottom and sides. Fill with the following:

1 cup cream
1 egg
1 teaspoon cocoa
1 teaspoon vanilla
½ cup almonds, cut fine
Cake crumbs

Whip cream and egg until very stiff, add vanilla, cocoa and some of the cake, crumbled, and the nuts. Cover with slice of cake which was cut off and frost with Chocolate Butter Frosting, page 433.

CHAPTER XXXVII

SMALL CAKES, COOKIES, KISSES

LADY FINGERS OR SPONGE DROPS

3 eggs
⅓ cup powdered sugar
Speck salt
½ cup flour
¼ teaspoon vanilla
3 tablespoons hot water
1 teaspoon baking powder

Beat white of egg until stiff; add sugar gradually and continue beating; add yolk of egg beaten until thick; then flavoring and hot water. Fold in flour which has been sifted with the salt and the baking powder. Put into lady finger tins, sprinkle with powdered sugar and bake 8 minutes in moderate oven, 350° F.; remove from tins while hot. Brush over the flat surface of 1 cake with white of egg and press the underside of a second cake on it.

Or, for Sponge Drops, press through a tube in portions 1 inch wide by 5 inches long, on a baking sheet covered with paper. Bake for 10 to 15 minutes in moderate oven.

OTHELLOS

Press Sponge Drop mixture, recipe above, through a tube on a baking sheet covered with paper, in round 1½ inches wide. When baked spread the flat side of ½ of the cakes with Lemon or Vanilla Custard, page 437, press together in pairs and dip in the Chocolate Frosting, page 432. Let dry on oil paper.

CREAM PUFFS

½ cup butter
1 cup water
1 cup flour
3 eggs (unbeaten)

Put butter and water in saucepan, bring to boiling point, sift in flour and beat very well, until mixture forms a ball and does not stick to side of pan. Remove from stove, let cool slightly, then break in eggs, one at a time, beating thoroughly. Drop from tablespoon on greased tins; some distance apart; shape round, two inches across, piling mixture higher in center. Bake in moderate oven (350° F. to 375° F.) ½ hour. Remove one from oven; if it does not fall it is thoroughly done. Cool, cut open, on one side. When ready to serve, fill with Whipped Cream, page 441.

CHOCOLATE ECLAIRS

Squeeze Cream Puff Mixture, as above, through pastry tube, some distance apart, on buttered tins, in oblong shapes, 4 x 1½ inches. When baked and cool, open at one side and fill with any

of the Custard Fillings, page 437; dip in Chocolate, page 432, or any other frosting. Let stand until icing is dry.

PETITS FOURS (TINY CREAM PUFFS)

Drop Cream Puff Mixture, opposite page, from teaspoon or squeeze through pastry tube, some distance apart, on buttered tins, in 1 to 1½ inch balls. When baked and cool, cut at one side, fill with any of the Custard Fillings, page 437. Dip tops with a variety of colored and flavored frostings. Make Plain Icings No. 1 or 2, page 431, as a foundation, but use no flavor. Take a small portion at a time, flavor and color, as desired, with fruit, chocolate, coffee, orange, and lemon. Let stand until icing is dry.

No. 2—Petits Fours (Tiny Cakes)

Bake White or Sponge Cake in shallow pans. When cool cut in small circles. Split, hollow out center of each little cake and fill with whipped cream or any desired custard. Put together in pairs. Cover with melted fondant in a variety of colors and flavors, as in Bunte Schuessel, below. Decorate with nuts and candied fruit and put each cake in a little paper case.

BUNTE SCHUESSEL (Small Decorated Cakes)

Scraps stale or fresh cake
1 tablespoon marashino
2 tablespoons corn syrup
Chocolate, lemon, orange, vanilla and any other desired uncooked icing or Fondant
⅛ lb. pistachio nuts
⅛ lb. each of candied cherries, orange rind, limes and pineapple
1 oz. each candied rose and mint leaves and violets

Use any cake or torte, that is not too delicate to handle. Bake in small fancy shaped tins or in a sheet. When baked in a sheet the cake may be cut in any square, oblong, diamond, heart or round shape with knife or cutters. Scraps of cake may be used by crumbling and mixing them to a paste with syrup and a little marashino for flavor. Form into small balls, rings and crescents.

Cover cakes with Fondant, page 515, in a variety of colors and flavors, keeping the icing warm and creamy over hot water (in small saucepans). Slip cakes, one at a time, on knife into the softened icing, dip quickly, then place on oil paper for several hours to harden. Then decorate.

Cut pistachio nuts lengthwise in slices, and green limes in small pieces, to represent leaves; cherries cut in pieces lengthwise and the violet and rose leaves, to represent flowers. Raisins may be pressed flat and cut in fanciful shapes. Dip the end of the ornaments lightly in a little warm icing to make them stick.

SMALL FROSTED CAKE SQUARES

Bake Angel or Sponge Cakes in pans 1½ inches deep. Frost.

Frosting No. 1—Set marshmallows about 1 inch apart in 3 or 4 rows, sprinkle with 3 tablespoons sugar and ½ teaspoon cinnamon. Place in moderate oven until marshmallow melts somewhat, cut into squares, a marshmallow on each square.

No. 2—Chocolate—Frost cake with Plain or Chocolate Icing and while soft place half a walnut at equal distances in 3 or 4 rows on cake. Cut into squares.

No. 3—Cocoanut—Let cake cool, cut into squares, cover with plain, soft icing (keep icing soft over hot water) and roll in freshly grated or shredded cocoanut.

No. 4—Mocha—Let cake cool, cut into squares, cover with soft Coffee or Plain Frosting, pages 431, 433, sprinkle with finely chopped and blanched pistachio nuts, roasted almonds, or peanuts or with dried and rolled macaroons.

No. 5—Indians—Bake an Angel Food or Sunshine Cake, page 458 or 459; pull the cake apart with a fork in irregular pieces about 2 inches in size; take each piece on a fork and dip in hot Chocolate Frosting, page 432, and let cool on a platter.

No. 6—Snowballs—Make Angel Food Cake, page 459; bake in ungreased square angel food tin. Make Boiled Frosting, page 434; Seven Minute Icing, page 432, or Fondant uncooked and soft, page 515. Crack shell of a fresh cocoanut, remove milk, then the outer shell; peel and grate. When cake is cold, remove from pan, cut in 1½-inch cubes. Put cube on fork, dip into frosting, cover on all sides; roll in cocoanut, then place on wax paper until set. Serve same day.

BROWNIES OR FUDGE SQUARES

2 eggs, beaten light
1 cup sugar
2 squares melted chocolate
2 tablespoons butter
1 teaspoon baking powder
1 cup flour
½ cup walnuts, chopped
1 teaspoon vanilla

Beat eggs with sugar, add butter to chocolate, a little salt; combine mixtures, beating thoroughly, then rest of ingredients. Bake in a shallow 8-inch buttered pan in moderate oven, 350° F., 35 minutes. Cut into squares before removing from pan.

No. 2

½ cup butter
1 cup sugar
2 eggs
2 squares chocolate, melted
½ cup flour
1 cup chopped walnuts

Cream butter and sugar well. Add eggs, one at a time, stir well, add other ingredients. Put in shallow buttered pan. Bake from 20 to 30 minutes in a moderate oven, 350° F. Cut in squares when cool.

INDIANS OR BROWNIES

1 square bitter chocolate
½ cup butter
½ cup sugar
½ cup flour
2 eggs
1 cup chopped nuts
½ teaspoon baking powder

Melt butter and chocolate. Beat eggs with sugar, add warm mixture and rest of ingredients, and beat. Spread in greased cake tins. Bake 15 minutes at 350° F. Cut in squares when cool.

COCOANUT DROP COOKIES

1 lb. powdered sugar
4 eggs
¼ lb. cocoanut
3 teaspoons baking powder
1½ cups flour

Beat eggs until light, add sugar and beat again; add flour and baking powder mixed, and stir in the grated or shredded cocoanut. Drop small portions with teaspoon on well buttered pans, rather far apart, as they spread. Bake in a moderate oven, 350° F., from 10 to 15 minutes. Keep in covered jar.

FRUIT DROP COOKIES

½ cup butter
½ cup sugar
1 egg
2 teaspoons spices, mixed
1 teaspoon baking powder
1 cup flour
A little salt
⅓ cup chopped walnuts
¼ cup each currants, citron and raisins, chopped

Mix well, drop by teaspoon on oiled tin. Bake in oven, 375° F.

GINGER DROPS

¼ cup shortening
¼ cup brown sugar
1½ cups flour
1 egg
½ teaspoon cinnamon
¼ teaspoon cloves
1 tablespoon ginger
½ cup molasses
1 teaspoon soda
½ cup boiling water

Cream butter and add sugar gradually, then add the egg. Mix and sift dry ingredients and add alternately with hot water and molasses. Bake in muffin pans, 350° F.

CHOCOLATE OR COCOA DROP CAKES

2 whites of eggs
2 oz. grated chocolate
1 teaspoon cinnamon
1 teaspoon vanilla
1 cup powdered sugar
1 cup baker's bread crumbs

Beat the whites to a stiff froth, add sugar gradually, and continue beating. Mix chocolate, or ¼ cup cocoa, cinnamon and bread crumbs together. Add this mixture gradually to the eggs

and sugar. Add vanilla and beat well. Drop from teaspoon on buttered paper or inverted buttered tin, not close together, as they spread. Bake in moderate oven 20 minutes, 350° F., first 10 minutes on floor of oven and last on rack.

CHOCOLATE POTATO DROP CAKES

⅓ cup oil or other fat
1 cup sugar
2 eggs, separated
2 squares chocolate
1 cup hot riced potato
⅓ cup raisins
1 cup wheat flour
3 teaspoons baking powder

Cream sugar and fat, yolks of the 2 eggs, add chocolate, grated, ½ teaspoon salt, and mashed potato, then the flour with the baking powder and salt, and lastly the beaten whites of the eggs. Drop small portions with tablespoon on greased pans. Bake in moderate oven, 350° F. Chopped nuts may be added.

PEANUT DROP CAKES

2 tablespoons butter
¼ cup sugar
1 egg
½ cup flour
1 teaspoon baking powder
¼ teaspoon salt
2 tablespoons milk
½ cup finely chopped peanuts
½ teaspoon lemon juice

Cream the butter, add sugar and egg, well beaten. Sift and mix flour, salt and baking powder, and add to first mixture; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered sheet 1 inch apart. Bake in moderate oven, 350° F., 12 to 15 minutes. Makes 24 cookies.

CUP CAKES

¼ cup shortening
1 cup sugar
1 cup milk
1 egg, well beaten
2 cups flour
¼ teaspoon salt
1 teaspoon vanilla
3 teaspoons baking powder

Sift dry ingredients together; add melted shortening to the milk, egg and flavoring, mixed together. Combine mixtures well. Bake in hot oven in buttered muffin tins 20 minutes, 375° F.

Or make Cocoanut Layer Cake batter, page 452, bake in well buttered Muffin pans in hot oven, 375° F., 20 minutes.

COCOA CUP CAKES

3 tablespoons fat
1 cup sugar
½ cup milk
1 egg, well beaten
1½ cups flour
3 teaspoons baking powder
⅓ cup cocoa
1 teaspoon vanilla

Cream fat and sugar. Add egg, vanilla, milk alternately with sifted dry ingredients. Bake in greased muffin pans, 375° F.

CHOCOLATE CUP CAKES

1 cup brown sugar
½ cup butter
1 egg
1 square melted chocolate
1 teaspoon soda
½ cup sour milk
1½ cups flour
Coffee Icing, page 433

Cream butter and sugar, add egg, chocolate and milk alternately with flour and soda mixed. Place in tiny greased patty pans, bake in a moderate oven 10 to 15 minutes, 350° F. Frost with icing.

PECAN CAKES

2 eggs
1 cup brown sugar
1 cup broken pecan meats
½ cup flour
⅓ teaspoon salt
¼ teaspoon baking powder

Mix and sift the dry ingredients. Add sugar to slightly beaten eggs. Add the pecans sprinkled with flour, then the dry ingredients. Bake moderately slow in small muffin tins, 325° F.

RAISIN CUP CAKES

⅓ cup shortening
1 cup sugar
1 egg, well beaten
½ cup milk
1½ cups flour
3 teaspoons baking powder
½ teaspoon vanilla
1 cup seeded raisins

Cream shortening; add sugar and stir in egg. Add milk, and flour sifted with baking powder. Mix well, add vanilla and raisins which have been washed, dried and floured. Bake in greased individual cake tins in moderate oven, 350° F., 20 to 25 minutes.

SPRITZ COOKIES

1 cup butter
½ cup sugar
1 egg
2½ cups flour

Mix like cookie dough and force through a tube or cookie press into various shapes. Bake from 8 to 10 minutes about 450° F.

SCOTCH SHORTBREAD

½ lb. butter ¼ lb. sugar 1 lb. flour

Cream butter and sugar very well. Gradually work in the flour, kneading to a smooth paste. Line two pie tins with white paper, pat dough with hands, size of pan, about ½ inch thick. Pinch and flute the edges, prick all over with a fork. Bake a light brown, in moderate oven 25 to 30 minutes. Break in pieces when serving.

COOKIES

Cookies may best be baked on buttered tins or on tins greased with a piece of paraffine wrapped in cheese cloth.

PLAIN COOKIES

1 cup sugar
1 tablespoon shortening
1 egg
½ cup milk
1 teaspoon baking powder
3 cups flour

Cream butter or other shortening, add sugar. Beat egg well, add to the milk, then sift flour with baking powder, combine mixture and work to a smooth dough. Roll thin, cut into rounds, bake in hot oven, 375° F., 5 minutes or until light brown and crisp.

No. 1 SUGAR COOKIES

½ cup butter
1 cup sugar
1 egg
¼ cup milk
2 teaspoons baking powder
¼ teaspoon vanilla or any other flavoring
2 cups flour (about)

Cream the butter and sugar. Beat the eggs and add to the milk. Sift flour and mix baking powder with 1 cup, combine mixtures, then add the rest of the flour, and only enough more to handle. Place in ice chest to harden. Roll on floured board ¼ inch thick. Shape with biscuit cutter. Sprinkle with sugar, cinnamon and chopped nuts. Bake in a hot oven, 375° F., 8 to 10 minutes.

No. 2

½ cup butter, or
⅓ cup beef drippings
1 cup sugar
1 tablespoon milk or water
2 eggs
2 teaspoons baking powder
2 cups flour (about)
½ teaspoon nutmeg

Cream the shortening, add the sugar, the liquid and eggs, beaten lightly, and the baking powder, mixed with 2 cups of flour, then enough flour to roll out. Chill about 12 hours. Roll thin, sprinkle with sugar, shape with fancy cutters. Bake about 10 minutes, 375° F.

No. 1 BUTTER COOKIES (MUERBE)

1 lb. of butter
1 cup sugar
2 eggs
Rind of ½ lemon
Juice of ½ lemon
6 cups flour
1 teaspoon baking powder
1 cup almonds, chopped fine

Cream the butter, add the sugar, then the yolks of eggs, slightly beaten; add rind of lemon, and the flour mixed with the baking powder, then the lemon juice, with only enough flour to handle. Chill dough several hours, then roll; cut with small biscuit cutter, brush with white of eggs; sprinkle a little sugar and chopped almonds on each cookie. Bake in moderate oven, 350° F., a delicate brown, 10 to 15 minutes. Will keep for weeks.

No. 2 BUTTER COOKIES (MUERBE)

1 lb. butter
1½ cups sugar
6 cups flour
3 raw eggs
3 hard cooked yolks
Rind and juice of ¼ lemon

Cream butter and sugar, add cooked yolks rubbed through sieve, add flour and raw eggs alternately. Roll ⅛ inch thick, brush with white of egg. Cut round or square, bake in greased tins, in moderate oven, 350° F., 10 to 15 minutes. Sprinkle with chopped almonds mixed with lemon juice and rind, sugar and cinnamon.

No. 1 HURRY-UP BUTTER COOKIES

1 cup (½ lb.) sweet butter
1 cup sugar
1 egg, separated
2 cups flour, sifted
Juice and rind, ½ lemon
½ cup chopped nuts

Cream butter and sugar well, add egg yolk and continue beating, then add lemon and flour, mix thoroughly until well blended. Place dough on top of two ungreased inverted shallow cake pans. Cover with cloth and pat with hands or roll with rolling pin about ¼ inch thick, not quite to the edge of top pan. Brush with slightly beaten egg white, sprinkle with nuts. Bake in a moderate oven, 300° F., from 20 to 30 minutes. Cut while hot into 1½ inch strips lengthwise, then diagonally, forming diamond shaped cookies.

No. 2—Cinnamon Hurry-Up Butter Cookies—In place of the lemon, in Hurry-Up Cookies, No. 1, sift and mix 3 teaspoons cinnamon with the flour.

No. 3—Chocolate Hurry-Up Butter Cookies—Follow Hurry-Up Butter Cookies No. 1, but in place of the lemon add 1 ounce of melted chocolate.

No. 1 CHOCOLATE COOKIES

½ cup butter
1½ cups sugar
1 egg
¼ teaspoon salt
2½ cups flour
2 teaspoons baking powder
¼ cup milk
2 squares (2 oz.) chocolate

Cream butter, add sugar, egg well beaten, salt and chocolate (melted). Beat well and add flour, sifted with baking powder, alternately, with milk. Chill several hours, roll very thin, shape with a small cutter, bake in moderate oven, 350° F., 10 minutes.

No. 2

1 cup butter
1 cup sugar
2 eggs
½ teaspoon cinnamon
¼ teaspoon cloves
3 tablespoons milk
¼ lb. almonds, (unblanched)
½ lb. sweet chocolate
4 cups flour
1 teaspoon baking powder

Grate the chocolate and almonds. Cream butter, add sugar, eggs, one at a time, and the rest of the ingredients. Mix well, roll,

cut in rounds, place in pans; spread with white of egg and sprinkle with sugar. Bake in moderate oven, 350° F..

No. 3 **CHOCOLATE COOKIES**

½ cup butter
2 cups sugar
½ lb. grated chocolate
2 eggs
1 cup flour
¼ teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon baking powder
1 teaspoon vanilla
1 egg for top of cookies
Sugar and Cinnamon
½ cup chopped almonds

Cream butter and sugar, add chocolate, eggs, flour mixed with baking powder, spices and vanilla. Handle very lightly. Roll on very well floured board, cut into small rounds. Place in floured pans far apart. Spread with beaten egg, sprinkle with sugar, cinnamon and nuts. Bake in moderately slow oven, 300° F., for about 10 minutes. Let stand one minute, remove from pans.

No. 4

4 egg whites, beaten stiff
¼ lb. melted chocolate
1 cup granulated sugar
1½ cups flour

Add chocolate, sugar and 1 teaspoon vanilla to eggs, then flour, drop in buttered tins, and bake in moderate oven, 350° F.

No. 1 **SOUR MILK COOKIES**

¼ cup butter
2 cups sugar
2 eggs
1 cup sour milk or cream
1 teaspoon soda
4 cups flour

Cream butter and sugar, add eggs, mix well, add rest of the ingredients, the soda with sour milk or cream. Chill in icebox. Toss on well floured board, roll very thin, sprinkle with sugar, press sugar lightly on dough with rolling pin. Cut into desired shapes, bake in shallow pans in hot oven, 375° F., about 8 minutes.

No. 2

1 cup butter
2 cups sugar
2 eggs
½ cup sour milk
½ teaspoon soda
1 teaspoon vanilla
⅛ teaspoon nutmeg
5 cups flour

Follow directions for Sour Milk Cookies No. 1, above.

POPPY SEED COOKIES

½ cup butter
2 oz. sweet chocolate
½ cup hot milk
½ teaspoon cinnamon
½ cup sugar
1 cup poppy seed
1¼ cups flour
¼ teaspoon cloves
1 teaspoon baking powder
1 cup currants

Soak poppy seed in hot milk. Cream butter and sugar, add remaining ingredients, mix thoroughly and drop from teaspoon in buttered pans. Bake 20 minutes in moderate oven, 350° F.

FIG COOKIES

½ cup butter
1 cup brown sugar
2 eggs, beaten
½ teaspoon cinnamon
2 tablespoons sour cream
1 teaspoon soda
1 cup chopped figs
Flour to roll

Cream sugar, with butter, add eggs, soda, dissolved with sour cream, cinnamon, figs. Add flour to roll, cut and bake, 350° F.

ORANGE COOKIES

¼ cup butter
1 cup sugar
2 cups flour
Grated rind of ½ orange
4 egg yolks, beaten
2 tablespoons orange juice
2 teaspoons baking powder
More flour if needed

Cream butter and sugar, add orange rind, yolks, orange juice and flour, sifted with baking powder three times. Mix, roll and cut. Bake 8 to 10 minutes in hot oven, 375° F.

JELLY COOKIES

5½ tablespoons shortening
1 cup sugar
1 egg
2 cups flour
¼ cup milk
2 teaspoons baking powder
1 teaspoon vanilla
½ teaspoon salt

Cream butter, add sugar, egg well beaten, and milk. Mix and sift dry ingredients and add to the first mixture. Add vanilla. Toss on floured board. Cut ½ of them with cookie cutter and place in the center of each cookie a teaspoon of jelly. Cut out covers with a doughnut cutter with hole in center, and place on top of cookies. Bake in a moderate oven until done, 350° F.

FILLED COOKIES

Make Sugar Cookies No. 1, page 488. Before baking place a teaspoonful of the following filling on one-half of the rounds, and cover with other half, pinching edges well together.

Filling:

1 cup raisins
1 cup dates, cut fine
1 cup sugar
1 cup cold water
1 tablespoon flour
½ cup chopped nuts

Mix flour and sugar, boil all together until thick.

No. 1 OATMEAL COOKIES

1 tablespoon fat
3 tablespoons syrup
2 teaspoons flavoring
2 tablespoons sugar
1 egg, beaten
1½ cups rolled oats
1½ tablespoons flour
½ teaspoon baking powder
¼ teaspoon salt

Combine the fat, melted, sugar and syrup, add egg and flavoring. Stir in the other ingredients mixed together. Drop from

teaspoon on greased baking sheet and bake in a moderate oven about 15 minutes. Vanilla, lemon or almond extract may be used.

No. 2 OATMEAL COOKIES

1 cup butter or fat
1 cup sugar
2 eggs, beaten
2 cups flour
2 cups oatmeal
¼ cup sweet milk
1 teaspoon baking powder
½ teaspoon soda
¼ teaspoon salt
1 teaspoon cinnamon
1 cup chopped raisins or dates
1 cup chopped hickory nuts or wlanuts

Cream butter and sugar, add eggs, mix the rest of the dry ingredients, sprinkle over the raisins and nuts and combine the mixtures, adding only enough milk to make a stiff dough. Drop on a buttered tin, 1 inch apart. Bake in moderately hot oven, 350°F.

PIN WHEEL COOKIES

½ cup butter
½ cup sugar
1 egg yolk, beaten
3 tablespoons milk
1½ cups flour
1½ teaspoons baking powder
½ teaspoon vanilla
1 oz. chocolate, melted

Cream butter, add sugar gradually, then egg yolk; beat well. Sift flour, baking powder, pinch of salt, add to mixture with milk and vanilla. Mix well. Divide dough in half, to one part add chocolate, cooled. Spread or pat each, same size, into oblong thin sheet on inverted bottom of greased and floured shallow pan. Place in refrigerator to harden. Place chocolate dough over white dough. Roll tightly, as for Jelly Roll. Put in refrigerator until firm. Slice thin, lay cut side down in buttered pans. Bake in moderate oven, 375° F., for 10 minutes.

GINGER SNAPS

¼ cup butter
¼ cup sugar
¼ cup molasses
1 egg
¼ tablespoon ginger
¼ teaspoon soda
1½ cups flour

Cream the butter in a warm bowl, gradually beat in the sugar and molasses, then add the ginger, soda and flour and, if needed, more flour to knead. Roll very thin on a floured board, cut with a cake cutter and bake in a moderate oven, 350° F.

SOFT MOLASSES COOKIES

¾ cup butter
1 cup sugar
1 egg
1 cup molasses
1 teaspoon soda
¾ cup hot water
4 cups flour
1 teaspoon cinnamon
¼ teaspoon ginger
1 teaspoon salt

Cream butter, add sugar, well beaten egg, molasses and hot water, then the mixed and sifted dry ingredients. Drop from

spoon in warm buttered pan; bake 8 minutes in moderate oven, 350° F. Or take only enough hot water to make a dough that may be rolled out and cut with cookie cutter.

No. 1 SPICE COOKIES

⅔ cup butter
1½ cups sugar
2 whole eggs
1 cup seeded raisins
2½ cups flour
3 tablespoons sour milk
1 teaspoon cinnamon
1 teaspoon cloves and mace
¼ teaspoon salt
1 teaspoon soda

Cream butter and sugar, add eggs, raisins, chopped, spices, then alternately flour, and sour milk, with soda dissolved. Drop by teaspoons on buttered tins, bake in a hot oven, 375° F.

No. 2

5 whole eggs
1 lb. brown sugar
2 teaspoons cinnamon
1 teaspoon ground cloves
1 teaspoon vanilla
1 teaspoon ginger
1 teaspoon baking soda
3 cups flour

Mix the above together, add enough flour to handle it, roll into small balls or drop from teaspoon and bake on greased pans, in hot oven, 375° F., 10 to 15 minutes.

CLOVE COOKIES

1 lb. brown sugar
½ cup butter
4 eggs
½ oz. ground cloves
1 tablespoon chocolate
2 teaspoons baking powder
4 cups flour
1 teaspoon cinnamon

Mix sugar and butter, add eggs, flour and the other ingredients. Roll, cut and bake 15 minutes, 375° F.

CARDAMOM COOKIES

1 cup butter
1 cup sugar
2 whole eggs
4 cups flour
1 oz. cardamom seed
Rind of 1 lemon

Stir butter and sugar together, and add the other ingredients, the cardamom seed crushed. Roll, cut and bake as other cookies.

CHRISTMAS COOKIES

2 cups brown sugar
½ cup syrup or honey
¼ cup butter
1 teaspoon cinnamon
½ teaspoon cloves
⅛ teaspoon nutmeg
2 oz. citron, ground very fine
2½ cups flour
1 tablespoon baking powder
1 egg
Juice and rind of ½ lemon
2 tablespoons milk

Add sugar to syrup and cook until sugar is dissolved. Add butter, cool. Add spices to flour. Mix all ingredients together

and, if necessary, just enough more flour to handle. Roll ⅛ inch thick and shape with fancy Kindergarten cookie cutters. Bake in greased pans in moderate oven, 350° F., 8 to 10 minutes.

ANISE CAKES

3 eggs
1 cup sugar
1 tablespoon anise seed
1½ to 2 cups flour

Beat eggs very light, add sugar, continue beating; add flour, 1 teaspoon baking powder and the anise seed, rolled fine. Beat again. Drop by ½ teaspoonfuls in well greased and floured pans, 1 inch apart. Let stand over night or about 10 hours, at room temperature to dry. Bake in a moderate oven, 350° F.

SPRINGERLE

2 eggs
½ lb. sugar, sifted
2 cups flour (about)
1 to 2 teaspoons anise seed

Stir eggs and sugar, stirring in one direction only, until very light. Add sifted flour gradually, stirring all the time, until dough is stiff. Roll out about ⅛ inch thick, press floured springerle board down very hard on dough to emboss the designs. Cut out the little squares and let dry 10 hours on floured board at room temperature. Bake on buttered tins sprinkled with anise seed, in a moderately slow oven, 325° F., until light yellow.

PFEFFERNUESSE

1 pint corn syrup
1 pint New Orleans molasses
½ lb. shortening, butter or fat
½ lb. brown sugar
2½ lbs. flour
1 teaspoon soda
2 teaspoons cinnamon
½ teaspoon cloves
¼ lb. citron, cut fine
¼ lb. almonds, chopped fine
1 lemon, rind and juice

Warm syrup, add shortening and lemon juice and the remaining ingredients in order given, soda mixed with flour. Almonds and citron may be omitted. Roll into little balls, size of a marble, brush with white of egg and bake until brown, 350° F. Will keep.

No. 1 LEBKUCHEN

4 whole eggs
1 lb. light brown sugar
2 cups flour
1 teaspoon cinnamon
2 oz. citron, cut fine
¼ lb. almonds, blanched

Beat eggs well with Dover beater, add sugar gradually, and beat again. Mix flour and cinnamon with fine chopped nuts and citron, and combine the two mixtures. Bake in 3 flat greased pans, in hot oven, 375° F. When cool, cut into regular strips, ½ inch wide, 5 inches long. Before taking out of pans, frost with 1 cup confectioner's sugar, 2 tablespoons water and flavoring to taste.

No. 2 LEBKUCHEN

7 eggs
1 cup brown sugar
1 cup molasses
1 teaspoon cinnamon
1 teaspoon salt
½ teaspoon allspice
¼ teaspoon grated nutmeg
¼ lb. orange peel, cut fine
¼ lb. citron, cut fine
½ lb. almonds, blanched, ground
½ lb. chocolate, grated
2½ cups flour
1½ teaspoons baking powder
2 cups powdered sugar
A little lemon juice

Separate the eggs, reserving the whites of 3 for the frosting. Beat yolks and 4 whites very light, add sugar, and beat again. Stir in the rest of the ingredients, the flour and baking powder, mixed. With floured hands, spread dough 1½ inches thick in well greased, shallow pans. Bake in moderate oven, 350° F. Ice with Egg Frosting, page 432, cut into strips. Bake 1 week before using.

No. 1 FRUIT COOKIES

½ cup beef drippings, or
½ cup butter
1 cup sugar
2 eggs
½ cup molasses
2 cups flour (about)
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon nutmeg
1 cup seedless raisins
2 tablespoons sweet milk

Cream shortening, add sugar, beaten eggs, a little salt and molasses. Sift dry ingredients with 1 cup flour and add to above mixture; add flour and milk to roll out. Cut with cutter and bake in moderate oven, 350° F. Stone raisins and chop or cut in quarters and add to mixture before rolling out.

NUT PATTIES

1 egg, beaten
1 cup sugar
1 cup English walnuts,
5 tablespoons flour

Beat egg and sugar until very light; into this stir chopped nuts, then add the flour. Drop on tins with teaspoon; the size of macaroons and bake in a medium hot oven, 375° F., about 10 minutes.

ROCKS

1½ cups brown sugar
1 scant cup butter
1 cup walnuts, in pieces
3 eggs
1 teaspoon cinnamon
½ teaspoon salt
1 cup seeded raisins, cut
3¼ cups flour
1 teaspoon soda, dissolved in
1½ tablespoons hot water

Cream the butter, add the sugar gradually, then the eggs, well beaten. Reserve part of the flour and mix with the fruit and nuts.

Add the rest of the ingredients and lastly floured fruit. Drop from teaspoon on buttered tins, 1 inch apart. Bake in moderate oven, 350° F., 15 minutes.

PEANUT OR ALMOND ICE BOX COOKIES

1 lb. butter or butterine
1 tablespoon cinnamon
2 teaspoons soda
1 cup sugar
1 cup brown sugar
3 eggs, well beaten
5 cups flour
1 lb. shelled roasted peanuts

Stir butter and sugar well, add eggs, nuts, and the flour, soda and cinnamon mixed. Roll 2 inches thick, place in icebox until firm. Cut in thin slices crosswise, bake in pans in moderate oven, 350° F., until crisp.

For Almond Icebox Cookies, melt the butter and in place of the peanuts, use ¼ pound almonds, sliced fin , crosswise.

ROLLED DATE COOKIES

½ lb. dates
¼ lb. walnuts, chopped
Sugar Cookie Dough
¼ cup butter, melted

Follow recipe for Sugar Cookies, page 488. Toss dough on floured board; roll into one large thin sheet, brush plentifully with the melted butter, strew the dates, stoned and cut in small pieces, and the walnuts, all over the top; sprinkle with sugar and cinnamon. Roll dough like a jelly roll; then cut into pieces 1 inch wide. Bake in greased tin in a hot oven, 375° F.

ROLLED WAFERS

¼ cup butter
½ cup powdered sugar
½ teaspoon vanilla
¼ cup milk
⅞ cup bread flour
Almonds, grated

Cream the butter, add the sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thinly with a broad, long-bladed knife, on a buttered inverted dripping pan. Sprinkle with almonds. Mark in 3-inch squares, and bake in moderate oven, 325° F., until delicately browned. Place pan on back of range; cut squares apart with a sharp knife, and roll while warm, over the handle of a wooden spoon, or in corncucopia shape. Fill with Whipped Cream, page 441, before serving.

SCOTCH WAFERS (CORNUCOPIAS)

1 scant cup flour
⅔ cup sugar
½ cup molasses
½ cup butter
1 tablespoon ginger

Mix and sift dry ingredients. Bring molasses to the boiling point, add butter, then slowly, stirring constantly, the flour mixture. Drop small portions from tip of spoon on buttered, inverted pans, 2 inches apart. Bake in slow oven 300° F. 10 minutes. Cool slightly, remove from pan, roll over handle of wooden spoon into rolls or cornucopias.

FROSTED BUTTER COOKIES

½ lb. unsalted butter
4 egg yolks
2 cups flour
1 teaspoon baking powder
4 egg whites
1 cup sugar
½ lb. blanched almonds
lemon rind and juice

Cream butter and yolks well together. Sift flour and baking powder; combine the two mixtures. Place in refrigerator overnight to harden. Roll out thin, cut into rounds, cover with the following mixture: Beat egg whites stiff, add sugar gradually, then fold in almonds ground fine, mixed with lemon rind and juice.

Bake in moderate oven, 350° F. Cool, dust with powdered sugar.

ALMOND STICKS

½ lb. almonds (2 cups)
1 cup butter
1 cup sugar
2 cups flour
2 whole eggs
Yolk of 1 egg
Grated rind of 1 lemon

Grind almonds and reserve ¼ cup each of sugar and nuts, and the egg yolk for decorating. Cream butter, add sugar, then eggs, almonds and flour. Roll thin and cut in strips or squares, with fluted cookie cutter. Brush with yolk, sprinkle with nuts and sugar set aside, and bake in moderate oven, 350° F.

PENOCHE STICKS

1 lb. brown sugar
4 eggs
1 cup chopped nuts
1½ cups flour
1 teaspoon baking powder
A few grains of salt

Stir sugar and eggs in double boiler and cook over hot water 20 minutes. Add pecan or walnut meats, flour mixed with baking powder. Place in well-greased shallow pan, bake 15 minutes in a hot oven, 375° F. Cut into squares before removing from pan.

DATE AND NUT STICKS

2 eggs, beaten light
1 cup sugar
2 cups chopped pecans
1 teaspoon vanilla
1 lb. chopped dates
½ cup flour
1 teaspoon baking powder
¼ lb. candied cherries, cut

Cream eggs and sugar well, add nuts, dates and cherries, and lastly flour mixed with baking powder and speck of salt. Spread in shallow pans and bake in moderate oven, 235° F. Cut in strips before cold.

CHOCOLATE STICKS

4 eggs
1 lb. brown sugar
1 cup almonds
¼ lb. sweet chocolate
2 oz. citron
½ teaspoon cinnamon
¼ teaspoon each allspice and cloves
3 cups flour
1 teaspoon baking powder

Beat eggs and sugar until light, add the spices and the chocolate, grated. Blanch almonds and chop, cut citron fine; mix with the flour and baking powder and combine the two mixtures. Roll on floured board, cut into strips 3½ inches long, bake in buttered pans, in moderate oven, 350° F., 10 to 15 minutes.

WALNUT STICKS

2 eggs
1 cup brown sugar
½ cup flour
1 cup chopped walnuts

Beat eggs and sugar well, add flour, 1 cup walnuts, chopped rather fine, pinch of salt. Butter pans well and bake in sheets, 350° F., as soon as done cut in strips—finger length.

ALMOND BREAD SLICES

2 eggs, well beaten
½ cup sugar
Juice and rind of ½ lemon
½ teaspoon vanilla
1⅔ cups flour
¼ cup oil or butter
¼ cup almonds, blanched
2 teaspoons baking powder

Beat eggs, add sugar, beat together. Add lemon, vanilla or 1 teaspoon ground and sifted anise seed, and 1 cup flour. Add almonds, cut in half lengthwise, add oil or softened butter and rest of flour wi h baking powder, knead into 2 long loaves about 2 inches thick. Place in oiled floured pans and bake in a moderately slow oven 20 to 30 minutes, 325° F. Remove from pan and while warm, cut into half inch slices. Or into ¼ of the dough stir 2 teaspoons cocoa, form into roll ½ inch thick. Wrap in remaining white dough, having first patted it into a sheet ½ inch thick.

BISHOP'S BREAD

1 cup sugar
3 eggs
1¼ cups flour
1 cup seeded raisins
1 cup almonds, cut
2 teaspoons baking powder

Beat eggs well with sugar. Sift 1 cup of flour with baking powder and a little salt, beat until light and fine grained, stir in lightly, raisins and nuts cut in halves, having first sprinkled them with the rest of the flour. Bake in thin sheets in two shallow square pans, 350° F., and cut in oblong pieces before quite cold. Sprinkle with sugar and walnuts chopped fine.

CARD GINGERBREAD

⅓ cup butter
1 cup sugar
1 egg
1 teaspoon salt
1⅞ cups flour
3 teaspoons baking powder
1 teaspoon ginger
1½ cups milk

Cream the butter, add sugar; then eggs, well beaten. Mix dry ingredients and combine the two mixtures with the milk. Spread out thin on buttered pan. Bake 15 minutes in moderate oven, 350° F. Sprinkle with sugar, cut in squares before removing from pan.

HONEY CAKES

½ lb. strained honey
½ lb. powdered sugar
½ lb. blanched almonds
2 cups flour
1 oz. citron, cut very fine
⅛ teaspoon grated nutmeg
⅛ teaspoon ground cloves
¼ cup lemon juice

Boil sugar and honey, add almonds cut in half, lengthwise and stir thoroughly. Add the rest of the ingredients, more flour if needed, and knead the dough well. Put away in a cool place, well covered, for a week. Roll ½ inch thick and bake in shallow greased pans, in a hot oven, 375° F. Cut into strips 1 by 2 inches, and frost.

PALESTINE COOKIES

3 cups flour
1 teaspoon allspice
¼ teaspoon cinnamon
1 teaspoon soda
3 eggs, slightly beaten
½ lemon rind and juice
3 tablespoons honey
A few almonds

Mix and sift dry ingredients, add the next three. Work into a smooth dough. Roll ¼ inch thick on floured board, cut with form, brush with white of egg, place almond or walnut on each cookie, bake in a moderate oven, 350° F., 15 to 20 minutes.

MATZOS COOKIES

½ cup butter or fat
1 cup sugar
2 eggs
½ cup potato flour
½ cup matzos meal
½ cup ground almonds

Cream butter and sugar, add the rest. Roll thin in potato flour and sugar, cut with form and bake in a hot oven, 375° F.

MANDELCHEN

2 cups grated almonds Butter ½ cup sugar

Blanch almonds and dry them over night. Grind very fine, add the sugar and enough butter to knead into a very stiff paste. Roll very thin, cut in small rounds, place on baking sheet, and bake in moderate oven, 350° F. When done, roll in grated almonds and powdered sugar.

BUTTER ALMOND CRESCENTS

2 cups flour
1 cup butter, softened
¼ lb. blanched almonds
A few bitter almonds
½ lb. powdered sugar
Vanilla bean

Put flour into bowl, add butter, grated sweet and bitter almonds and powdered sugar, knead. Roll into strips the thickness of a lead pencil, cut into 2½-inch pieces and shape into rings or crescents. If dough crumbles, add egg yoke. Place in tins and bake in moderately slow oven, 325° F. They must remain almost white. Grind vanilla bean, add powdered sugar, dip in the hot cakes.

ALMOND PRETZELS

1 cup butter
1 cup sugar
½ lb. almonds, ground
2 cups flour
2 yolks and
2 whole eggs

Cream butter and sugar, add eggs, the almonds, unblanched, and the rest of the ingredients. Mix and knead into one big roll. Let stand in ice chest to harden. Cut into pieces size of a walnut. Roll each piece ½ inch thick and form into hearts, rings, crescents and pretzels. Bake in a moderately slow oven, 325° F.

KISSES OR MERINGUES

KISSES OR MERINGUES

Whites of 4 eggs 1 cup granulated sugar, sifted

Have eggs cold and fresh; sugar fine and dry. Beat the whites with flat wire spoon until stiff enough to hold up in peaks, but not dry. Add 6 tablespoons sugar, 2 tablespoons at a time, continuing beating between each addition, then fold in the rest lightly. Drop in well greased and floured muffin pans, or: Heap mixture in rounds from spoon or through pastry bag, ½ inch apart on tins. Bake until tops are crisp and delicately brown in a slow oven, 225° F., from 45 minutes to one hour, depending on the size of the kisses. For a chewy center, drop in muffin pans or on paper placed on a wet board. When tops are crisp, place with the paper, on tins and bake until bottoms are crisp. If paper sticks on a wet cloth, let stand until paper can easily be removed.

KISSES OR MERINGUES, FILLED

Prepare Kiss Mixture, as above. Divide in two parts. Shape one part in 2½-inch rounds for bottom shell, heap the other half in 1½-inch rounds for the top, dropping them on paper on a wet board. Bake 1 hour in slow oven, 225° F., until crisp and delicately brown. Remove soft center with spoon, if desired. When ready to serve, fill with ice cream or whipped cream, putting kisses in pairs.

PRALINE KISSES

1 cup pecan nut meats — 1 cup medium brown sugar
½ teaspoon salt — White of 1 egg

Beat the white of egg until stiff. Add the salt. Stir in the sugar well. Add the nuts. Drop mixture from tip of spoon in small piles ½ inch apart on greased tins. Bake in a slow oven, 225° F., from ¾ to 1 hour. Remove from pan when slightly cool.

FILBERT KISSES

Yolks of 3 eggs, unbeaten — ½ lb. filbert nutmeats
½ lb. powdered sugar — 3 whites of eggs

Mix yolks of eggs with sugar, add the nuts, unblanched, and ground fine and the beaten whites. Drop from teaspoon on greased pans and bake in a slow oven, 250° F., ½ hour or until crisp.

COCOANUT KISSES

Whites of 2 eggs — ¼ lb. powdered sugar
¼ lb. shredded cocoanut

Make as Kisses, above, folding the shredded cocoanut in last.

No. 1 PECAN OR HICKORYNUT KISSES

Whites of 2 eggs — 5 oz. hickory nuts
5 oz. sugar

Beat sugar and eggs together until very light, folding the hickory nuts in lightly at the last and bake same as Kisses, above.

No. 2

2 yolks — 1 cup nutmeats
1 cup sugar — 2 whites of eggs

Stir yolks and sugar together, add nut meats and the beaten whites of eggs. Bake same as Kisses, above.

CHOCOLATE KISSES

3 whites of eggs — 2 oz. grated chocolate
½ cup sugar — Vanilla

Beat whites of eggs very stiff, add sugar, chocolate and vanilla. Bake on floured tins in a slow oven, 225° F., about 60 minutes.

COCOA KISSES

2 whites of eggs — ¼ teaspoon cinnamon
1¼ cups sugar — ¼ lb. almonds, chopped and
2 tablespoons cocoa — blanched

Make as Kisses, opposite page, folding in chopped nuts last.

DATE AND ALMOND KISSES

30 stoned dates
1 cup almonds
White of 1 egg
1 cup powdered sugar

Chop dates; blanch almonds and cut into long strips. Beat egg very stiff, add sugar, dates and almonds. Drop in buttered tins with a teaspoon and bake in a slow oven, 300° F., until crisp.

No. 1 DATE AND WALNUT KISSES

½ lb. dates, in pieces
1 cup walnut meats, cut
Whites of 4 eggs, beaten stiff
1½ cups sugar

Beat eggs, add sugar, beat until very light. Add dates and nuts, cut, not chopped. Drop from teaspoon on buttered tins and bake in a moderately slow oven, 300° F., from 25 to 30 minutes.

No. 2

1 cup sugar
1 cup dates, cut small
½ lb. walnuts, cut
3 egg whites

Beat whites of eggs stiff, add rest of the ingredients and flavor with vanilla. Drop from teaspoon into saucer of flour, pick up, roll into balls size of a walnut. Bake in greased and floured pan 1 inch apart, in slow oven, 300° F., about 30 minutes.

COCOANUT DROP KISSES

6 ounces dessicated cocoanut
Sweetened condensed milk

Chop cocoanut and mix to a paste with the milk, add pinch of salt and a few drops of vanilla. Drop the mixture from a teaspoon on a buttered tin, 1 inch apart. Bake in a slow oven, 250° F.

With Chocolate—Melt 1 ounce chocolate in milk for variety.

MACAROONS

½ lb. almond paste
Whites of 4 eggs
½ lb. sugar

Work almond paste and sugar well together. Gradually add unbeaten egg whites and work until mixture is smooth, and stiff enough to holds its shape. Drop from tip of spoon, a inch apart, on cookie sheet, covered with wax paper. Bake 15 to 20 minutes in a slow oven, 300° F. When slightly cooled remove from paper.

COCOANUT AND CORNFLAKE MACAROONS

3 cups cornflakes
1 cup dessicated cocoanut
2 eggs
½ teaspoon vanilla
½ cup corn syrup
½ cup sugar

Combine all ingredients, add ¼ teaspoon salt and place small mounds, the size of an English walnut, on buttered baking sheet. Bake in a very moderate oven, 300° F., 30 minutes.

DATE MACAROONS

1 lb. stoned dates
½ lb. almonds
Whites of 4 eggs
1 cup granulated sugar

Stone the dates, then weigh and chop them fine. Cut almonds lengthwise in slices, but do not blanch them. Beat eggs until foamy, add sugar, and beat until stiff; add the dates, then the almonds and mix very thoroughly. Drop mixture with teaspoon on tins ½ inch apart. Bake 50 minutes in a slow oven or until dry, 250° F. They are done when they leave the pan readily.

Fig Macaroons—Made same as Date Macaroons, using dried figs, softened by steaming, in place of the dates.

COFFEE MACAROONS

½ lb. almonds
2 cups sugar
Whites of 4 eggs
1 tablespoon Extract of Coffee

Blanch almonds, grind fine, and rub to a paste with the coffee and sugar; add stiffly beaten whites of eggs. Drop from teaspoon on shallow greased pans 1 inch apart and put bit of candied cherry in center. Bake in slow oven, 300° F., ½ hour or until crisp.

CHOCOLATE MACAROONS

2 oz: chocolate, grated
2 oz. blanched almonds
½ cup sugar
Whites of 2 eggs

Grind the almonds and mix to a paste with the sugar and chocolate; add ¼ teaspoon vanilla and fold in the stiffly beaten whites of eggs. Drop by teaspoon on greased paper. Bake about ½ hour in moderate oven, 325° F.

CHERRY MACAROONS

1 cup almonds, blanched
1 cup sugar
Whites of 3 eggs
¼ lb. candied cherries

Grind almonds and rub to a paste with the sugar; add whites of eggs, unbeaten, and ¾ of the cherries, cut fine. Mix and drop from a teaspoon on greased pans and place a piece of the cherry in center of each cake. Bake in a moderately slow oven, 300° F., about 20 minutes or until firm and crisp.

PEANUT MACAROONS

1 cup peanuts
1 cup powdered sugar
Whites of 2 eggs
1 tablespoon flour

Pour boiling water over fresh peanuts, let stand a few minutes, remove shells, blanch and measure, then grind fine. Beat whites until stiff, with the sugar and then mix with the nuts and flour.

Drop from teaspoon on greased pans, ½ inch apart, place a halved peanut in center of each cake and bake about ½ hour in moderately slow oven, 300° F., until crisp and light brown.

PISTACHIO MACAROONS

¼ lb. pistachio nuts
¼ lb. almonds
1 cup sugar
Whites of 3 eggs

Beat whites of eggs until very stiff, add sugar gradually and then all the nuts, blanched and ground fine. Drop from a teaspoon on greased pans and bake in a moderately slow oven, 300° F., ½ hour or until crisp.

No. 1 ALMOND OR FILBERT MACAROONS

4 egg whites, unbeaten
½ lb. powdered sugar
½ lb. grated almonds or filberts

Mix eggs and sugar, place in top of double boiler and steam for 10 minutes. Remove from stove, add nuts and mix thoroughly. Drop on buttered tins and bake in a slow oven, 300° F., 30 minutes or until crisp. Equal parts of almonds and filberts may be used.

No. 2

5 ounces or 1¼ cups almonds
5 ounces granulated sugar
2 whites of eggs
2 tablespoons lemon juice
Grated rind of half a lemon
⅛ teaspoon ground cinnamon

Grind almonds, not too fine, mix with cinnamon and lemon rind. Beat whites very stiff. Stir in sugar, add lemon juice and the almond mixture. Drop on greased pans one inch apart, bake in slow oven, 225° F., 30 minutes. When slightly cool, remove from pans. Makes 30 macaroons.

CINNAMON STARS

1 lb. grated almonds
1 lb. powdered sugar
6 egg whites, beaten stiff
1 lemon, rind and juice
1 teaspoon cinnamon

Add egg whites to sugar and lemon rind. Reserve ¼ of mixture, add lemon juice. To the balance add cinnamon and almonds. Roll on board, using more sugar if necessary to prevent sticking; cut into star shapes, place on each cookie a small portion of the mixture set aside. Bake in a moderate oven, on buttered pans, 300° F., until crusty.

MARZIPAN COOKIES

1 lb. sweet almonds
¼ lb. bitter almonds
1¼ lbs. confectioner's sugar
2 egg whites, unbeaten

Blanch almonds, dry overnight, grind very fine. Sift sugar over them, mix and knead to a stiff paste with the egg whites, or more

egg, if needed. Roll with hands on board, sprinkled with powdered sugar. Cut into pieces size of a walnut. Roll each piece ½ inch thick, form into rings, crescents, hearts, bow knots and pretzel shapes, and bake, slightly browned, in a moderate slow oven, 325° F.

TEIGLACH

4 cups flour
1 teaspoon baking powder
3 tablespoons oil
4 eggs
¾ lb. honey
½ cup sugar
½ lb. filbert nut meats
Ginger

Mix and knead first 4 ingredients until smooth. Form into roll ⅓ inch thick and cut into ½ inch pieces. Boil honey and sugar, add pieces of dough, place in hot oven, 375° F. Do not stir until dough is well puffed and just beginning to brown, then add nuts, chopped, let cook until brown, stirring occasionally. Take from oven, wet with cold water, spread out on board, pat until flat, sprinkle with a little ginger, and cut in pieces.

MARSHMALLOW WAFERS

Place thin round unsweetened crackers in baking tin, placing a marshmallow on top of each. Press finger on center of marshmallow and drop a small piece of butter in cavity. Place in oven, 350° F., and bake until marshmallow almost spreads over crackers Drop ½ candied cherry in center of each.

MARGUERITES

Wafer crackers or Matzos broken
White of 1 egg
¼ cup sugar
2 tablespoons nutmeats

Add the sugar to the stiffly beaten whites, add the nuts if desired. Spread on top of crackers. Place in pans in a moderate oven, 350° F., for a few minutes, until slightly browned.

SHREWSBURY WAFERS

3 whole eggs
2 cups sugar
2 tablespoons melted butter
¾ teaspoon vanilla
1 cup shredded cocoanut
2 cups rolled oats

Beat eggs thoroughly with Dover beater, add sugar gradually, beating constantly, add butter, vanilla and 1 teaspoon salt. Remove beater, stir in cocoanut and oats. Line shallow pans with buttered wax paper. Drop mixture on this by ½ teaspoonfuls 1 inch apart. Bake light brown in a moderate oven, 350° F. Lift sheets of paper out of pan, cool partly, then remove wafers.

CHAPTER XXXVIII

Syrup boiled from sugar for candies must hang from the end of a spoon 2 or 3 inches long in hair-like threads when exposed to the air. The syrup is then 238 degrees Fahrenheit, and when a drop is tried in cold water, the water will remain clear and the syrup will form a soft ball and will just keep its shape when rolled between the fingers. Boil a few moments longer, and try a little in cold water, and if it forms a firm or hard ball when it is rolled between the fingers it is at 248 degrees Fahrenheit. At 290 degrees the syrup reaches the brittle stage, when a few drop in cold water will form brittle strings.

When the syrup begins to discolor it is at 310 degrees, while at 350 degrees it is caramel or burned sugar. The syrup should only be stirred until the sugar is dissolved; if stirred while hot, it will grain or sugar.

HARD CANDIES—GENERAL RULES

Boil to the crack stage, 310 degrees Fahrenheit, or until a few drops become brittle in cold water. Let syrup slightly discolor if wanted very hard. Loosen candy from the tin before quite cool or it will be hard to take out of pans. Fold over edges as it cools and keep folding the mixture until cool enough to pull. Dip hands in cornstarch before pulling candy. Pull lightly with finger tips and do not squeeze with the hands if a light porous candy is desired. Hard candies will become sticky in warm weather and should be kept in glass jars or wrapped in waxed paper.

No. 1 MOLASSES CANDY

1 cup molasses (New Orleans) 1 tablespoon water
½ cup sugar 1 teaspoon butter
¼ teaspoon soda

Melt the butter in an iron spider, add molasses, water and sugar, and stir until sugar is dissolved. Stir occasionally until nearly done, and then constantly. Boil until the spoon leaves a track in the bottom of pan while stirring or until a few drops, rolled between the fingers, forms a hard ball in cold water. Set on back of stove, stir well, add the soda, stir thoroughly, and pour in a well greased pan. When cool enough to handle, pull until light colored and porous. Work candy with finger tips and thumbs, do not squeeze in the hands. When it begins to harden, stretch to the desired thickness, cut in small pieces with large shears, turning the candy halfway round after each incision, thus alternating the direction of the cut. Cool on buttered plates.

No. 2

1¼ cups corn syrup 1 teaspoon butter
1 cup sugar 1 tablespoon vinegar
1 tablespoon water Vanilla

Stir all together in pan. Boil, and stir only to prevent candy from burning. When it forms a hard ball in cold water, remove from stove and pour in buttered tin. As soon as it is cool enough to handle, pull until it hardens. Leave it in rather a thick mass and when cold chop into small pieces.

CINNAMON BALLS

Add ½ teaspoon of essence of cinnamon to Molasses Candy No. 2, above, before it is pulled. Let it cool and make into balls.

MOLASSES PUFF

2 cups molasses 2 teaspoons soda
Dipping chocolate

Boil the molasses until a few drops become brittle when dropped in cold water. Stir in soda dissolved in a little cold water. Pour into a greased pan. When cold break into small pieces and coat with melted dipping chocolate.

POTATO FLUFF CANDY

¾ cup mashed potatoes 1 cup cornflakes
1½ cups sugar 1 cup chopped peanuts
1 teaspoon lemon extract Speck of salt

Gradually work sugar into potatoes, add the rest. Press into a greased pan; let stand 24 hours. Cut into squares.

PEANUT BRITTLE

2 cups sugar
½ to 1 cup shelled peanuts

Remove skins from peanuts. Break in pieces or chop them, or take thick, unglazed brown wrapping paper, spread the peanuts over half of it, cover with the other half, and roll until well crushed with rolling pin. Line a greased pan with the peanuts.

Put sugar in an iron frying pan, and heat until it becomes a thin, light brown syrup, stirring constantly. Pour over peanuts, mark while warm in squares. When cool, break in pieces.

Note—Brazil, pecan or walnut meats, puffed rice, or puffed wheat may be used in place of the peanuts.

ALMOND BRITTLE

Take 1 cup of sugar and 1 cup of blanched almonds, coarsely chopped. Put sugar in frying pan, and melt to a light brown syrup. Add nuts. Let cook a few minutes, stirring constantly. Pour into greased pan. Remove from pan, and break into pieces.

CHOCOLATE FUDGE

2 cups sugar, maple, brown or or white
1 cup milk, cream or water
2 tablespoons butter
1 teaspoon vanilla, if desired
4 tablespoons cocoa or 2 squares of chocolate

Place sugar, milk and chocolate over slow fire, and stir occasionally to prevent burning; boil until a few drops poured in cold water forms a soft ball that will hold together when rolled between the fingers. Add ⅛ teaspoon salt, butter and vanilla. Let cool until it may be dented with the fingers and beat well until thick and creamy, then, if desired, knead. Pour in buttered pan and mark in squares.

Nut Fudge—When fudge is thick and beaten until almost creamy, add 1 cup chopped nut meats and 1 tablespoon candied fruit, chopped. Form into balls and roll in finely chopped nut meats or grated bitter chocolate.

VANILLA CREAM FUDGE

2½ cups powdered sugar
3 tablespoons butter
½ cup rich milk
½ teaspoon vanilla

Mix milk with sugar in saucepan. Let boil, add butter, melted; boil to the soft ball stage, 238-240° F. Scrape bottom of saucepan occasionally to prevent burning. When cool, add vanilla, beat until thick and smooth. Pour in greased pan, mark in squares.

MARSHMALLOW FUDGE

Follow recipe for Fudge, page 508. Add ½ pound marshmallows, stir until dissolved. Cool in butter pans. When firm, cut.

CHOCOLATE DIPPED FUDGE

Follow recipe for Fudge, page 508. Dip squares in melted chocolate, place on paraffine paper, let stand to harden.

No. 1 CHOCOLATE CARAMELS

2 cups brown sugar
1 cup milk
2 (oz.) squares chocolate
¼ cup butter

Boil all together, stirring to prevent burning, until a drop will form a hard ball in cold water. Pour on buttered pan to cool and cut into squares with a heated chopping knife.

No. 2

½ lb. chocolate
½ lb. granulated sugar
½ pint cream
¾ cup light molasses
2 tablespoons butter

Melt chocolate, add sugar, cream, molasses and when it begins to boil, the butter. Stir constantly, and when at the hard ball stage, pour into buttered pan to cool, cut into squares.

WALNUT CHOCOLATE CARAMELS

6 oz. chocolate, grated
1 tablespoon flour
1 cup cream
1 cup granulated sugar
1 cup medium brown sugar
1 cup corn syrup
1 cup top milk
1 cup walnut meats, broken

Stir chocolate, flour and cream to a smooth paste. Add sugar, syrup and milk, and boil over slow fire, stirring constantly until a few drops poured in cold water forms a firm, chewy ball; add nuts and 1 teaspoon vanilla. Pour into buttered pan 1 inch deep; cool, mark into squares, when hard cut with heated chopping knife.

Fondant in Caramel—Pour caramel ¼ inch deep in shallow buttered pan. Cool, cut into 2-inch strips. Place a ¼ inch roll of Fondant, page 515, on strip. Wrap Fondant in caramel, pressing edges well together. When hard, cut into squares.

WHITE OR OPERA CARAMELS

2 cups white or brown sugar
2 tablespoons butter
1 cup milk

Let sugar, butter and milk boil until a few drops form a soft ball in cold water. Pour on buttered platter, cool, beat until creamy, pour on buttered tin, cut into squares; add, if desired, chopped nuts or candied cherries, cut in pieces.

No. 1 NEW ORLEANS PRALINES

2 cups powdered sugar
1 cup maple syrup
½ cup cream
2 cups pecans

Cook sugar, syrup and cream to the soft-ball stage. Then beat until it starts to get thick and begins to sugar. Set pan over hot water. Add nuts and drop on wax paper into 2-inch patties.

No. 2

1 cup maple or brown sugar
½ cup New Orleans molasses
1 cup cream
2 oz. butter
½ teaspoon vanilla
1 pint pecan nutmeats

Boil the first 4 ingredients to the soft ball stage, stirring constantly. Pour this over the nuts and stir until it begins to sugar. Drop from tip of spoon on buttered pans, 1 inch apart.

PENOCHE

2 cups brown or maple sugar
¾ cup milk
2 tablespoons butter
1 teaspoon vanilla
2 cups chopped nuts

Boil sugar and milk to the soft ball stage. Remove from the fire; add butter, flavoring and nuts. Beat till creamy and thickened; pour into a greased tin, and when firm cut in squares.

DAISY CREAM CANDY

3 lbs. sugar
6 oz. butter
1 pint water
½ tablespoon vanilla

Mix sugar and water, add butter and boil without stirring until it reaches 262° F., until it forms a very hard ball in cold water. Pour quickly on ice cold buttered slab. Flavor as desired, by pouring a few drops over the mixture in the pan while cooling. When slightly cooled, pull until white, glossy and porous. Mark into squares. Will be soft and creamy next day.

BUTTER SCOTCH

2 cups brown sugar
¼ cup butter
½ cup water

Put in frying pan over fire, boil until the spoon leaves a track in bottom of pan while stirring, or a drop poured in cold water forms a hard ball. Stir to prevent burning. Pour into buttered tins ¼ inch thick, and when cool, mark in squares.

HOARHOUND CANDY

1 oz. dry hoarhound — 1½ cups water
1¾ lbs. brown sugar

Boil water and hoarhound steadily for about 20 minutes. Strain, add sugar, let boil without stirring until a few drops form a hard ball in cold water. Pour in well greased tins and as soon as cool enough to hold its shape mark in squares.

STICK CANDY

2 cups sugar — ½ cup water
½ cup white corn syrup — Juice and rind of 1 lemon

Place all together in a saucepan. Boil without stirring until the crack stage or until a few drops become brittle in cold water. Remove from fire.

For Lemon Sticks—Add 1 teaspoon extract of lemon and, if desired, a little yellow fruit coloring. Pour on a buttered platter and when cool enough, pull and roll into sticks and cut.

For Peppermint Sticks—Add 1 teaspoon extract of peppermint. Divide the candy in two parts, and to one part add a little red vegetable coloring. Pour on buttered platters and when cool enough, pull each separately, then twist one around the other and form into canes, sticks or into small pieces.

BUTTERCUPS

2 cups sugar — 1 teaspoon lemon extract
½ cup water — Fondant, page 515
½ teaspoon cream of tartar — 1 teaspoon vanilla
Fruit coloring

Place sugar, water and cream of tartar in saucepan and let boil without stirring until, when tried in cold water, it forms a hard ball. Remove from fire, flavor with lemon or vanilla extract and add a little yellow coloring. When cool enough to handle, pull out the yellow candy in a long sheet, about 2 inches wide, on a floured board. In center of this strip lay a roll of Fondant, flavored with vanilla the full length of the strip. Wrap the yellow candy around the Fondant. Bring the edges of candy together and press firmly over Fondant. When cool cut with scissors into ½ inch pieces. Make in various colors and flavors.

WHITE TAFFY

2 cups sugar — 4 tablespoons butter
⅔ cup water — 2 teaspoons cream of tartar
1 teaspoon flavoring extract

Put the first 4 ingredients in a saucepan and boil until a very hard ball stage, when a few drops will turn brittle in cold water. Add vanilla or any other flavoring. Pour into buttered pan and

when cool enough to handle, take up, and pull quickly, and handle lightly with finger tips. It should become porous. Stretch out on board to harden and cut into strips.

ALMOND TOFFEE

1¾ cups sugar
⅛ teaspoon cream of tartar
1 cup cream
½ cup butter
⅛ pound almonds, chopped
⅛ pound almonds, ground
3 ounces milk chocolate

Place sugar with cream of tartar in a deep saucepan, rounded at the bottom; add cream, boil a few minutes, stirring with wooden spoon. Add butter, let boil until very thick and light brown, stirring all the time. Add chopped nuts. Pour at once on the well greased top of an inverted pan.

Melt chocolate in covered double boiler. Pour over candy, spreading evenly. Turn at once on a pan on which ½ of the ground almonds are sprinkled, then pour chocolate over other side of candy and sprinkle with the remaining ground almonds. Remove from pan and brake in pieces.

NUT CREAMS

Add enough cream to a cup of Fondant, page 515, to make it thin enough to beat. Beat until like whipped cream; add a little flavoring and ½ cup nuts and cut into squares.

MAPLE FLUFFS

1 cup maple sugar
½ cup brown sugar
½ cup water
¼ teaspoon cream of tartar
6 marshmallows
White of 1 egg

Boil first 4 ingredients in a saucepan until a few drops become brittle in cold water, then add marshmallows, broken; let stand 5 minutes, when melted, pour over the stiffly beaten white of egg. Beat up until light and when it begins to harden drop from teaspoon on oiled or greased paper. Place halved candied cherries or nutmeats in center of each piece and let cool.

SEA FOAM

2 cups sugar
½ cup corn syrup
½ cup water
1 cup walnut meats
2 egg whites
1 teaspoon vanilla

Boil sugar, corn syrup and water until mixture forms a hard ball when dropped into cold water. Pour slowly into beaten egg whites, beating constantly with a rotary egg beater. When it

begins to stiffen, add vanilla and nuts, broken in rather large chunks, and drop by the spoonful on oiled paper.

CARROT NOUGAT

1 cup grated carrots
1½ cups sugar
1 cup water
1 cup ground almonds
Grated rind of 1 lemon
Whites of 2 eggs

Wash, scrape and grate carrots until there is 1 cup of pulp. Cook sugar and water a few minutes, until clear, add carrots and let boil, being careful that it does not burn, until a few drops form a firm ball in cold water; add almonds, beat in the egg whites. Drop from tip of spoon on oiled paper.

TURKISH CANDY

Follow recipe for Sea Foam, above, and when stiff and creamy, add nuts, and place in small, deep, well buttered pan. When cold cut into slices or squares.

MINT PASTE

4 tablespoons granulated gelatine
1⅓ cups water
2 cups sugar
¼ cup lemon juice
¼ cup orange juice
Green coloring
A few drops Oil of Peppermint

Soak gelatine in ⅔ cup cold water 5 minutes. Place sugar and rest of the water in a saucepan, and bring to a boil. Add dissolved gelatine, bring to the boiling point and boil slowly but steadily 15 minutes. Remove from fire, add rest of the ingredients, and grated rind of lemon and only enough of the coloring to make it light green. Pour in the mixture to about 1 inch in thickness, in a shallow pan, let stand for about 12 hours or until perfectly cool and firm. Remove to board, cut into cubes and roll in powdered sugar.

Different varieties can be made by using other fruit juices and different coloring, also by adding ½ cup chopped nutmeats or candied fruits.

MARSHMALLOWS

Soak 2 tablespoons granulated gelatine in ½ cup cold water 5 minutes. Add 2 cups sugar to ¾ cup water, place in saucepan and cook until it "threads," pour onto dissolved gelatine, let stand until partially cooled, add few grains salt, few drops of oil of peppermint or wintergreen and a little green or red vegetable coloring. Beat until white and thick. Pour into granite pan thickly dusted with powdered sugar and set in a cool place to harden. Turn out, cut into squares and roll in powdered sugar.

CANDIED CHERRIES

1 lb. fresh cherries — 1 cup water
1 lb. sugar

Boil sugar and water until the sugar spins a thread. Add cherries, pitted, let come to a boil. Let cool. Lift cherries, with perforated spoon to platter. Boil syrup 5 minutes, pour over cherries. Cover with glass or cheesecloth, set in sunny place. Allow cherries to dry, turn onto a clean cloth spread over wire cake rack. Dry until no longer sticky. Store in glass jars.

PEPPERMINT OR WINTERGREEN WAFERS

6 drops oil of peppermint or wintergreen — 1½ cups sugar
½ cup boiling water

Put sugar and water in saucepan and boil until it threads or forms a soft ball in cold water. Remove from stove, add peppermint, beat until it thickens and looks cloudy. Drop from tip of spoon on slightly buttered paper.

Wintergreen Wafer —Add oil of wintergreen, and color with fruit red.

No. 1 COCOANUT CANDY

1½ cups sugar — 2 teaspoons butter
½ cup milk — ⅓ cup cocoanut
½ teaspoon vanilla or lemon extract

Put butter in saucepan; when melted add sugar and milk and stir until sugar is dissolved. Boil 12 minutes or until a few drops form a soft ball in cold water, remove from fire; add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly. Pour at once into a buttered pan and mark in squares.

No. 2

1 cup shredded cocoanut — 1 teaspoon vanilla
4 tablespoons peanut butter

Use the sweetened prepared cocoanut. Mix ingredients well to a paste. Shape into small balls and put them in a cold place to harden. If cocoanut is dry, soak in a little milk or water for 5 or 10 minutes and if not sweet add 1 tablespoon syrup.

NUT BARS

½ lb. chocolate — ⅔ cup chopped peanuts
⅔ cup seeded raisins — ⅓ teaspoon salt

Melt chocolate over hot water. Stir until smooth and nearly cool, then add salt, raisins, cut fine, and the nuts chopped. Mix well, spread in shallow pan ¼-inch thick. When set, cut into 24 strips.

CHOCOLATE ROSETTES

2 cups popped corn
1 cup pecan or walnut meats
3 cakes sweet chocolate
2 tablespoons rich cream

Break the chocolate into small pieces and melt it over hot water. When melted, add cream, corn and nuts. Stir quickly with a silver fork and lift out in small lumps. Place on waxed paper to dry.

CRYSTALLIZED MINT LEAVES

Boil sugar and water to a very thick syrup, roll in fresh mint leaves, dry them on buttered plates in the oven with the door open, sprinkle with granulated sugar from time to time.

FONDANT, COOKED

2 cups sugar (fine granulated)
⅔ cup cold water
⅛ teaspoon cream of tartar

Boil all together until it makes a soft ball when tried in cold water. Turn out on a large platter, and when cool work it until creamy. Divide into portions and flavor to taste. This forms the Stock Dough, and is the foundation of many candies. Sprinkle board with confectioners' sugar, roll ¼ inch thick, cut into squares, strips, or any desired shape. It may be used with nuts, whole or chopped, dried or candied fruits; covered with chocolate and made into bonbons. Are better day after made.

No. 1 FONDANT, UNCOOKED

1½ lbs. confectioners' sugar
3 tablespoons cold water or cream
Vanilla to taste
White of 1 egg

Slip egg in a cup; add the same amount of water or cream and mix thoroughly. Pour enough XXXX confectioners' sugar into the mixture to mould like dough. Flavor to taste and knead thoroughly. Use same as Cooked Fondant.

No. 2

1 egg white
4 tablespoons butter
¼ cup cold water
1 teaspoon flavoring
1 teaspoon cream of tartar
1¾ lb. confectioners' sugar

Slip egg white in cup, add water. Mix all together and mould like dough, adding butter, well creamed, last.

To Dip Bonbon —Put Fondant in small saucepans or cups with handles, over hot water, and color and flavor as desired. In coloring, dip a small wooden skewer in coloring paste, then dip skewer in small quantity of Fondant, to get desired shade. Dip centers (nuts or candied fruits or Fondant center) on a fork in the Fondant, one at a time; stir until covered, then remove to oiled

paper. Stir Fondant between dippings to prevent crust from forming. If too thick, add a few drops of water or milk; if too thin, add confectioners' sugar.

TUTTI-FRUTTI CREAMS

2 cups Fondant
½ cup candied cherries
½ cup candied orange peel
¼ lb. nut meats
½ cup raisins, seedless
½ cup cocoanut, shredded

Chop the fruit and nuts into small pieces, add cocoanut and raisins and mix thoroughly with melted fondant. Knead and mould into small cakes.

CHOCOLATE CREAM DROPS

Fondant
4 (oz.) squares chocolate
Cocoa butter or paraffine

Make cone-shaped forms of the Fondant, page 515. Lay them on oiled paper to harden. Melt chocolate over boiling water, add, if desired, a little cocoa butter or paraffine, take the creams, one at a time, on a 2-tined fork and dip into the melted but not hot chocolate to cover all sides. Do not have the chocolate too hot, as that spoils the rich, glossy look. Set on buttered or waxed paper to harden.

CHOCOLATE DIPPED CHERRIES

Bottle Maraschino cherries
Fondant
Melted chocolate
A little cocoa butter

Drain the cherries, but not too dry. Fill a shallow baking pan with flour or cornstarch, about 1 inch deep; press the rounded end of a stick or thimble into the flour, making as many cavities as you have cherries. Melt Fondant, page 515, over hot water and dip the cherries one at a time; drop them in the cornstarch cavities, and let stand in cool place overnight to harden. Then dip as other chocolate creams in melted bitter chocolate to which a little cocoa butter or paraffine has been added, as above.

CHOCOLATE DIPPED GRAPES (ACORNS)

½ lb. Malaga grapes
2 oz. bitter chocolate, scraped
2 tablespoons granulated sugar

Place sugar in small saucer. Wash grapes, drain dry between towels and remove stems carefully. Stir chocolate over boiling water in a small saucepan until warm and melted, but not hot. Dip stem end of grapes, one at a time, into the chocolate to about ¼ the depth of the grapes, holding them by the other end with the fingers. Remove from chocolate quickly, invert to cool a moment, then roll the chocolate end in the sugar and place chocolate side down on oiled paper to harden.

FRESH DIPPED STRAWBERRIES

1 qt. fresh strawberries 1 cup Fondant

Select large, clean, dry berries. Dip them, one at a time, half way into Fondant, page 515, softened over hot water, holding the berry by the stem and the small adjoining leaves. Lift the berry out quickly, turning it round and round in the air a moment, tip upward, to dry; then invert berry and stand on tip on oiled paper, rearranging green leaves and stem on top. Place each berry in a little paper bonbon cup. Serve within an hour.

STUFFED DATES

With Nuts—Make a cut the entire length of dates and remove stones. Fill cavities with English walnuts, blanched almonds, pecans or with a mixture of chopped nuts, and shape in original form. Roll in granulated sugar or powdered sugar and serve on small plate or bonbon dish.

With Fondant—Fill with Fondant, page 515, or Butter Frosting, page 433, letting it project slightly, and insert in it a pecan or half a walnut. Roll in granulated sugar.

With Ginger-and-Nut—Remove the stones from choice dates, and chop together equal measures of preserved ginger and blanched nuts, chopped (hickory, pecan, or almonds). Mix with Fondant or a paste of confectioners' sugar and ginger syrup. Use only enough Fondant or paste to hold the ingredients together. With this mixture fill the open space in the dates, cover securely, and roll in granulated sugar.

STUFFED FIGS

No. 1

Steam large dried figs in double boiler. When cool, cut off stem end, open, stuff each fig with pecans or English walnuts and ½ marshmallow. Close, press into shape, roll in granulated sugar.

No. 2

Cook very slowly, ½ pound large dried figs in ½ cup orange juice, 2 tablespoons sugar, 1 teaspoon lemon juice, turning and basting until tender. Drain, cool, open and stuff each fig with 2 maraschino cherries, cut in halves and 5 pecan nut meats broken. Close, press into shape and roll in granulated or powdered sugar.

STUFFED PRUNES

Wash 1 pound of large prunes in three changes of warm water. Cover with 3 cups of cold water. Let stand 24 hours well covered. Remove stones. Fill cavity with walnuts, or pecans. Let stand to dry somewhat. Roll in granulated sugar.

DATE OR FIG CHOCOLATES

Remove stone from dates or cut figs in halves lengthwise and cut off stem. Press in uniform shape and dip into melted sweet chocolate as in Chocolate Cream Drops, page 516. Marshmallows may also be dipped.

DATE SAUSAGE

1 lb. dates, stoned
½ cup walnuts
2 oz. candied ginger

Put dates through meat chopper and add the ginger and walnuts, coarsely cut. Knead and roll into sausage, using powdered sugar to prevent sticking. Serve cut in thin slices.

CHOCOLATE SAUSAGE

½ lb. sweet chocolate
½ cup almonds
1 egg, unbeaten
Granulated sugar

Cut chocolate into pieces, let melt in double boiler; add egg, stir until smooth, add nuts, blanched and sliced. Pile on buttered plate. When cool, form into 3 long rolls, 1½ inches thick. Roll in sugar, let stand until firm. Slice like sausage.

CHOCOLATE BALLS

½ lb. sweet chocolate
2 tablespoons butter
1 egg, unbeaten
Chocolate shot

Break chocolate in pieces, let melt in double boiler, add egg, stir until smooth, then stir in butter. When cool, form into small balls, roll quickly into chocolate shot, or chopped fresh or roasted almonds, pistachio or other nuts.

SPANISH SWEETS

¼ lb. candied cherries
¼ lb. almonds
¼ lb. raisins, seeded
½ lb. English walnut meats
¼ lb. figs
¼ lb. hickory nut or pecan meats
¼ lb. dates, stoned

Mix all together and grind fine or chop. Sprinkle board with powdered sugar, toss on the mixture, knead well. Cut into small squares. Will keep packed in layers between paraffine papers.

ORANGE OR GRAPEFRUIT STICKS

½ cup sugar
Peel of an orange
¼ cup hot water

Wipe orange or grapefruit, remove peel in quarters and cut in narrow strips with scissors. Place peels in saucepan, cover with cold water, let boil up once and drain. Repeat five times, to extract

the bitter taste. Heat the sugar with the hot water, and when dissolved, add orange peel. Cook slowly until syrup is nearly evaporated, drain and roll the strips in granulated sugar.

Grape Fruit Sticks—Weigh the peel and use an equal amount of sugar, proceeding as above.

CHOCOLATE DIPPED ORANGE STICKS

Melt 2 squares of bitter chocolate in double boiler and keep over the hot water. Prepare orange sticks, opposite page. Dip each stick in the melted chocolate. Remove to paraffine paper and let stand several hours or overnight to harden.

GLACED NUTS OR FRUITS

2 cups sugar
1 cup boiling water
⅛ teaspoon cream of tartar

Put ingredients in a smooth saucepan, stir until sugar is dissolved. Place over fire, see that the flame does not reach the sides of the pan. Heat to the boiling point, and let boil well, without stirring, until the syrup begins to turn a light yellow color or a few drops poured into cold water become brittle. Remove saucepan from hot fire or place in large pan of cold water, to instantly stop boiling; then quickly place in pan of hot water, to keep syrup from hardening. Now quickly dip fruits and nuts, a few at a time, in the hot syrup and remove them with fork or wire spoon to oiled paper.

Glaced fruits keep but a day and should only be attempted in cold, clear weather. Oranges and tangerines are separated into sections and allowed to dry a few hours or overnight before dipping. Dip fruits first and then nuts, and do them quickly.

Glaced Prunes—Remove stones from prunes, fill cavity with nut meats. Follow recipe for Glaced Nuts and Fruits, above.

MARRON GLACE

1 pt. chestnuts
1 lb. loaf sugar
¼ vanilla bean
1 cup water

Peel the chestnuts whole, page 210, cover with fresh boiling water and a little sugar and cook until tender but not broken, drain. Boil sugar and water, without stirring until syrup begins to discolor, dip chestnuts in at once, leave them in 5 minutes. Take out carefully with silver fork, place on warm sieve in warm place. Next day heat syrup, repeat dipping and drying processes.

Place in tiny paper cases or lift each carefully with a fork, so they do not break, put them in a bottle or jar, and cover with the boiling syrup. Seal and set aside. Will keep.

APPLE LOLLYPOPS

1 cup corn or maple syrup
1 cup sugar
12 medium apples
12 6-inch wooden skewers

Remove stem from apple, and stick pointed end of skewer upright in its place. Put syrup and sugar in deep, small saucepan over slow fire and stir until sugar is dissolved. Let boil undisturbed until a few drops poured in cold water will become brittle. Place pan at once over boiling water, dip the whole apples, one at a time, quickly in and out of the hot syrup until well coated, place with skewers upright on buttered tin or platter, remove when cool.

SALTED NUTS

Pour boiling water over almonds, or unroasted peanuts, let stand 2 minutes; filberts or pistachio nuts 5 minutes. Drain, let cold water run through them, then slip off skins. Place nuts in shallow pan, in hot oven, 400° F., or in spider on stove. To ½ pound or 2 cups of shelled nuts take 1 teaspoon butter or oil. Stir frequently until a light brown. Sprinkle lightly with salt.

Or fry a few at a time in deep hot oil in a small saucepan. Drain on paper. Pecans or walnuts are roasted, but not blanched. For spiced nuts, mix salt, ½ teaspoon each of cinnamon, cloves or allspice over nuts after browning.

SUGAR COATED (OR BURNT) ALMONDS

1 lb. almonds, unblanched
2 cups sugar
1 teaspoon cinnamon
½ cup water

Boil sugar and water until thick and clear, add almonds, stir with a wooden spoon until the nuts crackle. Take from fire and stir until dry. Sift to remove loose sugar. Boil the sifted sugar with a little more water, add the cinnamon, and red coloring, if desired, and stir until the nuts are thoroughly coated and separated.

MARSHMALLOWS IN CARAMEL

Hot Caramel Syrup
Marshmallows

Make Chocolate Caramel, page 509, and when syrup is at the hard ball stage, remove from fire. Dip one marshmallow at a time quickly in the hot syrup on a long handled wire fork, and place on greased pan. Wrap in waxed paper.

MARSHMALLOW PUFFS

Marshmallows in Caramel, page 520

Pecan meats or Shredded Cocoanut

Make Marshmallows in Caramel as above, roll in halves or broken pecan meats or in shredded cocoanut. Place on greased pan until cool.

TOASTED OR ROASTED MARSHMALLOWS

Place marshmallows on a wire broiler and toast under the gas. Turn and toast brown on both sides.

Or roast over a camp fire, page 612.

POP CORN BALLS

Select large, crisp kernels, with no hard centers. Put only enough in popper to cover bottom. Hold popper some distance from heat first 3 or 4 minutes, then directly over fire; shake steadily and corn will pop out at once. Serve sprinkled with salt and a little fresh butter.

To Make Pop Corn Balls—Follow recipe for Molasses Candy, page 507, and when syrup forms a hard ball pour over and stir onto the freshly popped corn. Dip hands in water or oil, or use waxed paper in shapping into balls, or round cakes.

QUINCE CHEESE

Wash quinces, cut out blossom ends. Cut into pieces without peeling or removing cores and seeds. Put into kettle, cover with cold water, cook until very soft. Rub through sieve. Place pulp in kettle and to each pound of fruit add one pound of sugar. Let boil slowly over a protected flame two or more hours until it is very thick and will not run, stirring occasionally. Moisten a hard-wood board with water, spread mixture over it ½ inch thick. Place in a sunny window several days to dry, turning the mass now and then to hasten drying. Or finish drying in slightly warm oven. Cut into inch squares. Whole blanched almonds may be added to paste 10 minutes before removing from stove.

CHAPTER XXXIX

COLD BEVERAGES AND PUNCHES

GENERAL RULES FOR SOFT DRINKS

An endless variety of soft drinks may be made by using as a foundation fruit syrup and juices. These syrups and juices may be bought, or easily made in the home during the fruit season, bottled and kept for future use. Fruit Syrups, page 533.

Jellies and preserves may also be used by heating them gently over the fire and adding water to taste.

Syrups left over from canned or pickled fruits may also be used.

Cherry, raspberry, strawberry, grape, loganberry, orange and lemon syrup may be bought in large and small bottles ready for use. Use 1 quart of syrup to 1 gallon water.

Plain sugar and spiced syrups may be bottled and ready for use.

In preparing drinks use ice and fresh water, and if a sparkling drink is wanted, pour in the charged water last and serve at once.

Bottle chocolate and cocoa syrups (below) and add to milk.

Drinks must be served either very hot or very cold.

CHOCOLATE SYRUP

1 quart water
2 cups sugar
2 tablespoons cornstarch
2 teaspoons vanilla
4 squares (4 oz.) chocolate

Boil sugar and water to a syrup 5 minutes; add chocolate, salt and the cornstarch dissolved with a little cold water. Stir until smooth, cook 3 minutes. Cool, add vanilla, place in jar, in ice box. Use 2 tablespoons to a glass, adding milk or milk and water mixed when ready to serve. Serve with or without sweetened whipped cream or ice cream, tablespoonful on top of each glass.

COCOA SYRUP

1 cup cocoa
1 tablespoon cornstarch
2 cups water
2 cups sugar

Boil sugar and half of the water to a syrup. Stir cocoa and cornstarch with rest of water, add to boiling syrup. Cook gently 10 minutes. Cool and bottle. Keep in icebox, use as wanted, adding ice and milk or water to taste.

ICED COCOA

Follow directions for making Reception Cocoa (page 54). Cool and chill. Serve 2 tablespoons to a glass, add milk or water, with or without a tablespoon of sweetened whipped cream or ice cream on top of each glass.

ICED CHOCOLATE

Follow directions for Chocolate (page 53). Cool and chill. Serve in tall glass with ice.

Or make Chocolate Syrup, above, place 2 tablespoons in glass, fill with ice cold milk or water. Place spoonful sweetened whipped cream or vanilla ice cream on top of each glass.

ICED CHOCOLATE WITH EGG

4 tablespoons Chocolate Syrup
1 egg
Finely chopped ice
¾ cup milk

Place Chocolate Syrup (above) with the rest of the ingredients in a bowl, beat thoroughly with rotary beater or pour into jar and cover and shake thoroughly. Serve in tall glasses.

CHOCOLATE EGG MALTED MILK

1 tablespoon malted milk
1 egg
½ cup milk
2 tablespoons Chocolate Syrup (recipe above)
2 tablespoons Vanilla Ice Cream

Stir malted milk with a little boiling water to a smooth paste. Add to egg, beaten light with rotary beater, add syrup and milk, beating all the time, and pour in glass over cracked ice, or drop the ice cream in glass and top with whipped cream.

ICED COFFOLATE

2 squares chocolate
1 tablespoon cornstarch
½ teaspoon cinnamon
2 cups boiling black coffee
2 cups scalding milk
½ cup sugar

Dissolve cornstarch in a little cold water or coffee and place in double boiler with chocolate, cinnamon, sugar, and the boiling coffee. Stir until thick, add milk, let cook 15 minutes, stirring with rotary beater. Cool and chill. Serve ice cold in tall glasses with whipped cream on top. Makes 1 quart coffolate.

Or, follow directions for Chocolate Syrup (page 522) and while hot, allow ¼ cup of syrup to ¾ cup hot strong coffee and hot milk mixed, each heated separately but not boiled. Beat with rotary beater and serve hot or cold.

CHOCOLATE ICE CREAM SODA

2 tablespoons chocolate syrup — Charged water
Chocolate or vanilla ice cream — 1 tablespoon whipped cream

Put chocolate syrup into a tall glass, add ice cream, and fill glass with charged water (page 522). Top with whipped cream.

ICED TEA

No. 1—Strain freshly made tea into glasses one-third full of cracked ice. Sweeten to taste. A slice of lemon may be added, seeds removed. The flavor is much finer by chilling the infusion quickly.

No. 2—Follow direction for making tea, page 52. Strain, add 4 cups cold water. Let cool, then place in icebox to chill. When ready to serve, add ice. Sweeten and flavor to taste, as for Afternoon Tea, page 52.

ICED COFFEE

No. 1—Follow recipe for Boiled Coffee (page 51), strain, add sugar to taste, and chill. When ready to serve add to 1 quart coffee ½ cup of cream and pour into pitcher. Serve in tall glasses.

No. 2—Follow recipe for Boiled Coffee (page 51), strain, add sugar, chill. Have ready a bowl of sweetened whipped cream or vanilla ice cream, and serve coffee in tall glasses, placing one rounded tablespoon of either on top of each glass.

ICED MILK WITH EGG

1 egg — ¾ cup milk
1 tablespoon sugar — Cracked ice

Beat egg lightly with rotary beater, add sugar and milk, beating all the time. Serve in tall glass ¼ full of cracked ice.

SOUR MILK

Have sour milk that is well set but not stale, ice cold. Beat until light, with fork or egg beater; pour into glasses and serve —or take rich, fresh, non-pasteurized milk; when sour, chill, add sugar and cinnamon to taste, mix well and serve.

FRUIT SYRUP WITH MILK

4 tablespoons raspberry syrup — 1 egg
1 tablespoon pineapple syrup — 1 pint milk

Beat egg with Dover beater until light, add syrup, beat, pour into glasses ¼ full of cracked ice and fill up with rich milk.

No. 1 TO PRESERVE LEMON JUICE

12 lemons
1 lb. sugar
Grated rind of 6 lemons

Squeeze the juice of the lemons with glass lemon squeezer, add sugar and stir until dissolved, pour into bottles and cork. Will keep for a week and if kept in a cool place much longer. 12 lemons, 1 pound sugar and 4 quarts water (a gallon) will make 20 glasses.

No. 2

Lemon juice may be kept indefinitely by boiling down the juice to half its bulk and then bottling, but the fine flavor of the fresh fruit is lost. Use 1 tablespoon to a glass of water.

SUBSTITUTE FOR LEMONS

Use just enough citric acid in crystals, or pulverized, to a glass of water to make a tart taste, sweeten with sugar.

LEMONADE

1 lemon
2 cups water
4 tablespoons sugar

Extract the juice of one lemon with a lemon squeezer. Add the sugar and water and stir until dissolved. Add chipped ice if desired. The water may be poured over the sugar boiling hot, in which case, cover and allow to stand until cool, and then add the lemon juice.

ORANGEADE

Follow same rule as for lemonade, adding a little lemon juice.

TEA-ORANGEADE

1 cup water
2 cups tea
½ cup sugar
3 tablespoons lemon juice
2 cups orange juice
Grated rind of orange

Boil sugar, water and orange rind five minutes. Chill, add fruit juices and tea. Let stand in refrigerator several hours. Strain and serve.

LEMONADE FOR 150 PEOPLE

5 doz. lemons, squeezed
1 doz. oranges, sliced
1 can or a fresh pineapple
6 pounds sugar
6 gallons water
Ice

The rule is 1 pound of sugar to every dozen of fruit. If pineapple is fresh, add 1 more pound of sugar. Mix sugar with fruit and juice, and let stand. When ready to serve add water and ice and keep cool. The sugar and some water may be boiled to a syrup, allowed to cool, and the fruit and juices added afterward.

WHEY LEMONADE

1 quart whey
6 tablespoons sugar
Juice of 2 lemons
Slices of lemon or a little grated or diced rind, nutmeg or cinnamon

Heat 1 quart sour milk in double boiler, cook until curd separates. Strain and use whey. Mix, chill and serve as a beverage.

LEMON SODA

1 lemon, juice
2 tablespoons sugar
¼ teaspoon soda
Ice water

Mix sugar and lemon juice, add cold water and fill glass ¾ full, then stir in the soda briskly and serve.

GRAPE LEMONADE

Pour enough ice cold lemonade into a glass to nearly fill it, and add very carefully blue grape juice to fill glass.

LIMEADE

3 limes, juice
1 tablespoon sugar
½ glass cracked ice
Cold water

In glass with cracked ice place lime juice and sugar, fill up with fresh or charged water.

PINEAPPLEADE

½ cup pineapple juice
1 lime, or
2 teaspoons lemon juice
2 tablespoons sugar
½ glass cracked ice

Into a tall glass with the ice place pineapple, the juice of the lime or lemon juice and sugar. Mix well and serve. Raspberry, grape or orange juice may be used in place of the pineapple.

RASPBERRYADE

1 pint raspberry syrup
4 pints water
Ice

or

1 gallon raspberry syrup
4 gallons water
Ice

Place ice in pitcher, pail or bowl, add syrup and water, stir until well mixed, and serve.

1 pint syrup to 4 pints water with ice will make 20 sherbet glasses. 1 gallon syrup to 4 gallons will make 250 sherbet glasses.

ORANGE JULEP

1 quart orange juice
1 cup sugar
6 limes, juice
½ cup minced mint
1 pint charged water
Ice

Mix first four ingredients, place on ice 1 hour. Half fill glasses with ice, add prepared juice and sprigs of mint.

MINT JULEP

A few sprigs of mint
½ lemon
Cold ginger ale
½ glass cracked ice
1 tablespoon powdered sugar

Take leaves of the mint and bruise them in a glass with the rind of lemon, cut in thin strips, add juice of lemon, sugar, and place on ice for 1 hour to ripen and chill. When ready to serve, place in tall glass, with the ice, fill with ginger ale, and serve with a sprig of mint.

GRAPE FRUIT FIZZ

½ cup grape fruit juice
2 tablespoons sugar
1 tablespoon water
¼ teaspoon soda

Add sugar to grape fruit, let stand 1 hour. Add soda to water, in ½ glass shaved ice. Mix all, stirring.

GRAPE PUNCH

¼ cup grape juice
1 teaspoon lemon juice
¾ cup cold water
Sugar to taste

Mix sugar with strained grape juice, add lemon juice and water. A slice of orange or pineapple may also be added.

WHITE GRAPE PUNCH

1 qt. white grape juice
1 qt. ginger ale
1 qt. charged water

Place grape juice in punch bowl over large piece of ice, pour in ginger ale, then charged water, and serve at once.

LOGANBERRY PUNCH

½ pint loganberry syrup
1½ pints fresh water
Ice
1 quart ginger ale

Place loganberry juice in punch bowl on piece of ice, add water, when cold, pour in ginger ale and serve.

LOGANBERRY AND GRAPE PUNCH

1 cup loganberry juice
1 cup grape juice
1 lemon, juice
1 cup sugar
2 quarts water
Cracked ice

Place in a punch bowl with cracked ice. Slices of orange and lemon may be added.

CRANBERRY PUNCH

1 quart cranberries
2 cups sugar
4 cups water
Juice of 2 oranges
Juice of 2 lemons
2 quarts charged water

Cook berries in water until soft. Strain through jelly bag until dry, add sugar, bring to boiling point, add lemon and orange juice. Place in punch bowl over block of ice. Pour in the charged water and serve.

CURRANT AND RASPBERRY PUNCH

1 cup raspberry syrup
½ glass currant jelly
1 pint fresh water
1 quart charged water
1 cup boiling water

Dissolve jelly in boiling water, add raspberry syrup and water. Place in punch bowl over cake of ice, when thoroughly chilled, pour in the charged water and serve.

PINEAPPLE PUNCH

1 quart cold water
2 cups sugar
½ cup lemon juice
2 cups chopped pineapple
1 cup orange juice

Boil water and sugar and pineapple 20 minutes; add fruit juice; cool, strain and dilute with ice water.

GRAPEFRUIT PUNCH

1 quart grape fruit, juice and pulp
1 cup orange, juice and pulp
½ cup lemon juice
2 cups sugar
2 quarts water

Cut oranges in half, scoop out juice and pulp. Remove pulp from grape fruit in sections, add lemon juice, cover with the sugar and place in icebox several hours to ripen. When ready to serve, place in punch bowl over a large piece of ice, add water, mix and serve in sherbet glasses.

STRAWBERRY AND RASPBERRY PUNCH

1 quart strawberries
1 quart raspberries
2 quarts water
1½ cups sugar
Ice

Place sugar over berries, let stand 2 or 3 hours. Crush and squeeze well through jelly bag. Add water. Place in punch bowl with large piece of ice and serve in tall glasses.

For Strawberry Punch add juice of 1 orange and 1 lemon.

DANDELION PUNCH

2 qts. dandelion blossoms
4 qts. boiling water
3 lbs. sugar
2 oranges
1 lemon

Pour the boiling water over the dandelion blossoms and let stand overnight. Strain and add sugar, let come to the boiling point, pour over the oranges and lemon, sliced thin. Let stand 3 days and strain before serving.

CIDER PUNCH

2 oranges, juice
2 lemons, juice
1 quart cider
1 quart grape juice
1 cup sugar
2 quarts water

Add a little of the grated rind of orange and lemon to the juices and stir in the sugar and cider. Place in punch bowl over block of ice and serve in sherbet glasses.

TEA PUNCH

1 tablespoon tea leaves
1 pint boiling water
2 cups sugar
1 lemon, juice
1 orange, juice
1 qt. charged water

Place tea in large earthenware pitcher, pour on boiling water, cover well with heavy folded napkin, let stand 5 minutes and strain. Add sugar and the fruit juices, and crushed mint leaves, if desired. Cool and when ready to serve add ice and the chilled charged water.

FRUIT PUNCH FOR 50 PEOPLE

1 cup water
2 cups sugar
1 cup tea
2 cups strawberry syrup
Juice of 5 lemons
Juice of 5 oranges
1 can grated pineapple
1 cup maraschino cherries
1 quart charged water

Boil water and sugar to a syrup, 10 minutes, add tea, strawberry syrup, lemon juice, orange juice and pineapple; let stand

½ hour. Strain and add ice water to make 2 gallons of liquid. Add cherries and charged water, serve in punch bowl with large piece of ice.

LOUISIANA TUTTI FRUTTI

6 oranges, juice
6 lemons, juice
1 cup pineapple, diced
2 sliced bananas
1 cup sugar
3 cups water
½ cup maraschino cherries, cut small
2 quart bottles charged water

Boil sugar and water to a syrup 5 minutes, cool, add fruit and juices. Place in punch bowl over cake of ice. When all is cool, pour in the charged water and serve.

WISCONSIN PUNCH

12 lemons, juice
3 oranges, juice
2 -lb. can pineapple juice
2 cups sugar
1 quart water
3 quarts grape juice
3 quarts charged water

Boil sugar and water to a syrup, cool, add fruit juices, place in punch bowl over cake of ice, pour in the charged water and serve in long stemmed glasses. Makes 80 glasses.

GINGER PUNCH

1 quart cold water
1 cup sugar
½ cup lemon juice
¼ pound Canton ginger
½ cup orange juice
Chopped ice

Chop ginger, add to water and sugar and boil 15 minutes. Add orange and lemon juice, cool, strain and add chopped ice to dilute.

SPARKLING PUNCH

4 oranges, juice
2 lemons, juice
1 -lb. can pineapple, juice
1 small bottle maraschino cherries
2 quarts sparkling white grape juice

Place fruit juices and cherries in punch bowl over cake of ice, add the sparkling grape juice, and serve in tall hollow stemmed glasses.

SUNSHINE PUNCH

6 oranges
6 lemons
2 cups sugar
1 cup water
2 quarts ginger ale
1 quart charged water

Boil sugar and water to a syrup and cool. Add orange and lemon juice. Place in punch bowl over cake of ice, add ginger ale and lastly the charged water and serve at once.

FRUIT PUNCH COMBINATIONS

Foundation for Punch

½ cup lemon juice
1 cup orange juice
Grated rind of ½ an orange
Grated rind of 1 lemon
1 qt. water
1 cup sugar

Cook sugar and water for three minutes, cool, and add any of the following combinations:

No. 1—1 qt. ginger ale; ¼ cup preserved ginger, cut fine.

No. 2—1 qt. tea; ½ cup maraschino cherries, cut fine.

No. 3—1 cup grated pineapple; 1 pint charged water.

No. 4—1 tablespoon grated cucumber rind; 1 pint loganberry juice; sugar to sweeten.

No. 5—1 pint raspberry juice; 1 pint charged water.

No. 6—1 glass of currant jelly dissolved in 1 cup of hot water; cook and add ¼ cup mint, finely minced. Garnish the pitcher with mint sprays.

ROOT BEER FLOAT

Place 2 tablespoons of vanilla ice cream in a tall glass. Pour ice cold root beer over and serve.

MAPLE ICE CREAM FIZZ

2 tablespoons maple syrup
4 tablespoons sweet cream
Charged water
1 spoonful ice cream
½ glass cracked ice

Mix syrup and cream, add ice and shake well. Add the ice cream and fill glass with charged water.

GINGER-LEMON ICE PUNCH

1 quart lemon ice
3 quarts ginger ale

Make Lemon Ice, page 391, or if desired, Orange Frappe, page 393.

Place in punch bowl, stir in the freshly opened ginger ale, and serve at once in tall glasses, with a meat course or with sandwiches, or cake, or as a drink alone.

MOONLIGHT ICE PUNCH

1 quart lemon ice
2 cups sugar
1 pint white grape juice
1 pint pineapple juice
1 quart charged water

Place Lemon Ice (page 391) in punch bowl, stir in fruit juices with sugar, pour in the charged water and serve in punch glasses.

RECEPTION ICE PUNCH

1 quart lemon ice
2 quarts ginger ale
1 quart cider (sweet)
1 quart charged water

Follow recipe for Lemon Ice. Place 1 quart of lemon ice in punch bowl, stir in the cider, then the ginger ale and lastly the charged water. Serve at once.

COFFEE ICE PUNCH

1 pint cream
½ cup sugar
1 quart milk
2-inch stick cinnamon
½ cup ground coffee
1 teaspoon gelatine
1 quart boiling water
1 pint charged water

Dissolve gelatine in ⅛ cup cold water, let stand 5 minutes, add ¼ cup boiling water, stir until dissolved, cool. Pour boiling water over coffee grounds, add sugar and cinnamon, let boil 5 minutes, let stand 10 minutes. Strain and cool, stir in gelatine. Freeze, following directions, page 391. When ready to serve, place coffee ice in punch bowl, add milk and cream and if charged water is desired, add that at last. Serve in punch glasses.

CHAPTER XL

FRUIT SYRUPS AND JUICES

Fruit juice may be canned without sugar and may be made into syrups or jelly at any season of the year.

These syrups are used for flavoring ice creams, water ices and make delicious drinks when 2 or 3 spoonfuls are added to a glass of ice cold water.

Fruit Ice Cubes for cooling and flavoring drinks may be made with these syrups. See table, page 401, on Iceless Refrigeration.

Bottle and seal all syrups, left over, in canning fruit.

For grape juice good bottles are to be preferred to fruit cans. Use self-sealing bottle, if possible. Sterilize bottles and corks, page 573.

TO MAKE A DRIPPING BAG

Take a 3-corned piece of cloth or felt, sew two sides together, and attach the third side or opening to an iron hoop. Tie stout cord to opposite sides of hoop and hang up. Place crushed fruit or juice in bag to drip. See, also, page 539.

LEMON SYRUP

12 lemons, juice
6 lemons, grated rind
6 lbs. sugar
6 qts. boiling water

Add grated rind of lemons to juice and let stand overnight. Pour water over sugar and stir until sugar is dissolved; then boil. Cool and add the strained lemon juice, squeezing as much of the oil from the grated rind as possible.

Bottle and seal. Serve diluted with an equal amount of fresh water.

ORANGE SYRUP

12 oranges, juice
2 lemons, juice
6 oranges, rind
1 lemon, rind
6 lbs. sugar
6 qts. water

Follow directions for making lemon syrup, in above recipe, substituting the orange juice and rind.

SPICED SYRUP

1 tablespoon each, cloves, whole allspice, cinnamon bark
2 qts. water
4 lbs. sugar

Tie spices in a bag. Place sugar and water in kettle, let boil 5 minutes or until clear, skim, add spices, let cook until well flav-

ored, then pour very gradually into hot sterilized bottles or jars, and seal.

GINGER SYRUP

Pour 1 quart of water over ½ cup of ground ginger, let stand undisturbed 48 hours to become well flavored, pour off water into kettle carefully, leaving sediment undisturbed, measure, add an equal amount of sugar, let boil until clear 10 minutes. Pour into hot sterilized jars, and seal. Use as a drink with fruit juices.

PINEAPPLE SYRUP

3 qts. fresh pineapple juice 3 lbs. sugar
1 pint water

Grate fresh pineapple, pour in jelly bag and strain well. Place sugar in preserving kettle, add water, place on stove, stir until dissolved, let boil until clear and skim. Let boil again until soft ball is formed in cold water, then slowly add the pineapple juice. Let come to a boil again, skim and pour into hot sterilized jars or bottles, and seal.

RASPBERRY OR STRAWBERRY SYRUP

2½ pts. raspberry juice 2 lbs. sugar
1 pint water

Mash berries well and strain through jelly bag. Place sugar in preserving kettle, add water, place over fire and stir until dissolved, then boil until clear and skim. Let syrup boil again until soft ball is formed in cold water, then slowly add the fruit juice, let come to a boil again. Skim and pour into hot sterilized jars or bottles, and seal.

CURRANT AND CHERRY SYRUP

2 quarts currants 2 qts. cherries
1 qt. water Sugar

Wash cherries and currants, and stem the cherries. Place in preserving kettle with water and boil until fruit is thoroughly soft. Remove from fire, press through jelly bag. To every quart of fruit, take 1 quart sugar, stir until sugar is dissolved, then let boil 10 minutes. Pour into hot sterilized jars or bottles, and seal.

Black Raspberries and Currant Syrup is a good combination.

Cherries, Currants and Raspberries are also good, boiled together and bottled for future use.

ROSE SYRUP

1 lb. rose leaves 1 qt. water
4 lbs. sugar

Pick over fresh rose leaves, wash in cold water and drain well. Bring water to boiling point, add leaves, take from fire and let stand overnight, well covered. Strain through jelly bag, then pour in double boiler with sugar and let boil until syrup is clear. Cool and bottle.

No. 1 UNFERMENTED GRAPE JUICE

10 lbs. Concord grapes 2 qts. water
2 lbs. sugar

Use only clean, sound, well ripened, but not over-ripe grapes.

Pick over and wash grapes. Place in kettle, cover with the water and let boil until the seeds are free. Strain while hot through bag and squeeze thoroughly; heat to boiling point and skim. Let boil up again and skim; then add sugar, more, less or none, as preferred.

Heat to the boiling point; boil 1 minute. Pour into hot sterilized bottles not too full, allow room for the corks to go down. Immediately after filling place corks over bottles very lightly at first, and as they cool off, push corks down, always a little deeper, then cover air tight (if ordinary bottles and corks are used) with melted paraffine or sealing wax. Ordinary fruit cans may also be used, the small ones preferred.

No. 2

If a particularly clear grape juice is wanted, great care should be taken in the heating of the grapes, before pressing and in the straining or filtering. Wash the grapes and pick them from the stems. Crush them well, place in a bag. Hang bag up securely and twist it, or, let two persons take hold, one at each end, and press out the juice. Place juice in a double boiler or in a large enameled pan or kettle, in a pan of hot water and heat the juice gradually until it steams; if a deeper color is desired, heat to the simmer point, do not let it boil. If extra clear juice is wanted let it now stand 24 hours to settle. Carefully remove juice from pan, that the sediment at the bottom is not disturbed and drain through cloth or Dripping Bag, page 539.

Or, pour into clean bottles, not too full, as the heat expands the juice; place the filled bottles in a steamer or a wash boiler, protected by a thin board or rack, fill boiler with warm water to within 1 inch of top of bottles and gradually heat to the simmering point.

Then take the bottles out and cork immediately. If ordinary corks are used, place them on lightly at first and as the bottles cool off push corks down, then cover air-tight with melted paraffine or sealing wax. If corks, even of patent bottles, are forced down too quickly, the bottles are apt to crack.

GRAPE JUICE (WITHOUT BOILING)

2 cups stemmed grapes
1 cup sugar
Boiling water
1 qt. air-tight jar

Wash Concord grapes, stem and place in hot *sterilized* jar. Add 1 cup sugar. Pour to over-flowing with boiling water, seal at once, and shake until sugar is dissolved. Let stand 3 or 4 weeks before using. Or, boil the sugar with 2 cups of water, and pour over grapes, adding boiling water if necessary, to overflowing.

When ready to serve, strain into glasses half filled with cracked ice or add ice cold water.

WHITE GRAPE JUICE

Select ripe, tart white Delaware grapes. Wash in clear, cold water, pick from bunches, put in preserving kettle, crush them well, place over very slow fire until thoroughly heated. When soft, strain through cheese cloth bag, without squeezing, if a clear juice is desired. Place juice on fire, bring to boiling point, let boil 5 minutes and pour into hot sterilized jars or bot les, and seal. If bottles are used, place cork on lightly and as juice cools off, push cork down until tight, and seal. Corks should be covered with melted paraffine or sealing wax when cool. Or, put the strained juice directly into the jars and proceed as above.

CURRANT AND RASPBERRY JUICE

4 qts. currants
2 qts. red raspberries
3 qts. water
3 lbs. sugar

Pick over and wash fruit. Place in preserving kettle, cover with the water and let boil until soft. Strain well through jelly bag. Measure, and to every quart of juice add 1 cup of sugar. Heat to the boiling point and immediately fill into sterilized cans to overflowing. Screw on covers of cans and when cool, screw air-tight. Do not fill too full if bottles with patent stoppers are used. If ordinary bottles are used, cover with cork lightly at first, and as it cools off push in until air-tight and cover corks with paraffine or sealing wax, melted.

Cherry, Plum and Peach Juices—To preserve the juices of these and similar fruits, proceed as for Jelly, page 539, but adding to each quart of juice, 1 cup sugar. If transparent juice is not desired, press the pulp of the fruit to extract all the liquid.

LOGANBERRY JUICE

4 qts. loganberries 2 lbs. sugar
1 quart water

Pick over, wash fresh loganberries. Place in preserving kettle, add the water and let cook gently until very soft. Strain in jelly bag. Measure, and to every quart of juice allow 1 cup sugar, more or less, as desired, or none. Replace on fire, let boil 5 minutes and pour into hot, sterilized jars or bottles and seal, following directions in Unfermented Grape Juice, page 535.

CHERRY CORDIAL

4 qts. cherries
1 quart water
Sugar
1 tablespoon each cloves and cinnamon bark

Wash, stem and stone the cherries. Place in preserving kettle, cover with water, let boil well, and when soft, press through jelly bag. Measure juice, allow 1 cup sugar to 2 cups juice. Stir until sugar is dissolved. Add spices tied in a bag, and boil all together 20 minutes. Pour into hot sterilized jars or bottles, and seal.

BLACKBERRY CORDIAL

Secure ripe berries and crush them; to each gallon of juice add 1 quart of boiling water; let it stand 24 hours, stirring it a few times; strain and add 2 pounds of sugar to each gallon of liquid; put in jugs and cork tightly. It may be used in 2 months.

BLACKBERRY OR ELDERBERRY CORDIAL

8 qts. blackberries or elderberries
2 qts. cold water
4 lbs. sugar
1 tablespoon each whole allspice, cloves and cinnamon bark
Vanilla extract

Tie spices in a thin bag. Pick over, wash the berries. Place in preserving kettle, cover with the water, let boil thoroughly until soft; then strain well. Measure and to each quart of juice allow 2 cups sugar (1 pound) and 4 tablespoons vanilla extract. Add spice bag to juice and sugar and boil about 20 minutes or until well flavored. Remove scum, and stir in the vanilla extract. Pour into hot sterilized jars or bottles, and seal.

RASPBERRY SHRUB

4 qts. raspberries 1 qt. vinegar Sugar

Take red or black raspberries, mash them and cover with the vinegar. Let stand over night or longer; strain. To each pint of juice, add 1 pound sugar, boil 20 minutes; then put in sterilized bottles and keep in a cool, dry place. Use 2 tablespoons to a glass of water. Blackberries or strawberries may also be used.

SWEET APPLE CIDER

Use fully ripened apples free from decay. Wash them thoroughly and remove all leaves. Crush the apples and extract the juice or cider, in a clean press. Place the juice in a large open preserving kettle and boil it down until it is reduced one-half, skimming it often. Pour at once into hot sterilized jars, and seal; or, pour the fresh juice at once in jars, put the covers in place loosely, without the rubber, stand the jars in a washboiler on a false bottom, surround them in a bath of warm water to within a few inches of the top of the jars. Cover boiler, place on fire and let water boil and steam 1 hour. Remove jars, one at a time, put a new rubber in place and seal at once. Will keep indefinitely.

BOILED CIDER

The cider for boiling must be perfectly fresh and sweet. Put it in a large, open preserving kettle and boil until it is reduced one-half. Skim frequently while boiling. Do not have the kettle more than two-thirds full. Put in bottles or stone jugs, and cork.

CIDER VINEGAR

Let sweet cider stand in an open jug from 4 to 6 weeks and it will turn to vinegar.

HEALTH VINEGAR

3 gal. water
3 lbs. dark brown sugar
2 cakes compressed yeast
2 slices wheat toast

Boil water and sugar together until disolved, put in 5-gallon crock and let cool until lukewarm. Spread toast with 2 cakes yeast. Float, yeast side down, in crock of water. When bread falls to bottom of crock, vinegar is ready to use in about 5 weeks. Then strain and bottle.

TARRAGON VINEGAR

Fill wide mouthed jar with fresh or dried tarragon or estregon leaves and stalks. Cover with cider vinegar, let stand 3 weeks in the sun if possible. Strain. Use in making mayonnaise or for sharp sauces or salads.

GARLIC VINEGAR

Put 4 to 6 minced garlic cloves in 1 quart cider vinegar. Let stand 20 days. Strain and bottle.

DILL, CELERY, OR MINT VINEGAR

Take dill blossoms, fresh celery leaves and tips, or sprigs of mint. Fill in jar, cover with cider vinegar, let stand 3 weeks in sun, strain.

ROSEL, BEET VINEGAR

Place beets in a stone crock, removing greens. Cover with cold water and put in a warm place and let stand for 3 or 4 weeks or until mixture becomes sour. This is used as a vinegar during Easter or Pesach, and to make beet soup, Russian style.

CHAPTER XLI

JELLY

GENERAL RULES FOR JELLY MAKING

Jelly should be of a clear bright color, tender, quivery, but firm, and retain its shape.

Medium sized preserving kettles are best to use in making jelly. Do not make more than a quart of juice at a time.

Can fruit juices during summer and make into jellies, as wanted. Freshly made jellies are always best and storage room is saved.

Wash, remove stems, cut the larger fruits into quarters. Put into a saucepan and cover with water. With small watery fruits, as currants and grapes, use only a little water, but crush with spoon or masher. Allow to simmer until the fruit is tender. Put into a bag to drain. Do not squeeze bag if a clear jelly is wanted.

Turn out pulp, add more water, reheat, then squeeze the bag and drain off all the juice; this jelly will not be clear, but can be used for jelly cake, etc.

Measure the juice. Use ⅔ to 1 cup sugar to 1 cup of juice. The sugar may be heated. Let the juice boil a few minutes, then add the sugar. Boil rapidly. The jelly point is reached when the juice drops as one mass from the side of the spoon or when two drops run together and fall as one from the side of the spoon. Skim the juice, pour at once into sterilized glasses and cool as quickly as possible.

TO MAKE A DRIPPING BAG

Tip chair or stool upside down with seat resting on table and back of chair hanging down over side of table. Tie corners of a square strong cloth firmly to four legs of chair. Place pan beneath to catch drippings. See, also, page 533.

FILLING AND COVERING THE GLASSES

Wash glasses thoroughly, place in cold water, let come to boiling point and boil ten minutes. Let stand and keep hot. When ready to use, drain without handling the inside. Set them on a board. To prevent cracking glasses, place silver spoon in glass. Pour in jelly at once, filling to ½ inch from top. Pour over the surface a tablespoon of melted paraffine. Tip glass from side to side. When cool scrape off bits of jelly around inside of glass at top and fill with melted paraffine. Protect the paraffine with a cover of metal or paper. Label glasses.

Note—Break paraffine into small pieces, put in a small granite saucepan or pitcher over hot water and place on a slow fire until melted.

KIND OF FRUIT TO USE

Fruits should be fresh, just ripe, or a little under-ripe. Juicy fruits, currants, raspberries, should not be gathered after a rain. Currants, sour apples, crabapples, under-ripe grapes, quinces, raspberries, blackberries, blueberries, wild cherries and green gooseberries contain pectin and make the best jellies.

Peaches, strawberries and cherries lack pectin, but may be made into jelly by adding lemon juice and the strained juice of fruits, that contain pectin, or by adding apple or commercial pectin.

PECTIN

Pectin is that substance in some fruit that, when heated and combined with fruit acid and sugar, causes the mixture to congeal or jell. All fruits do not contain this substance. The acid and pectin may be supplied by the addition of the juice of apples, plums, quince, etc., or home-made apple or commercial pectin.

HOMEMADE APPLE PECTIN

4 lbs. apples, skin and cores — 4½ pints water for first extraction

Select tart, hard, ripe apples. Remove bruised spots. Cut into thin slices. Place in large granite kettle, bring quickly to boiling point. Cover, let boil rapidly 20 minutes. Strain through 4 thicknesses of cheese-cloth. When juice stops dripping, press pulp lightly with spoon, but do not squeeze bag. Set aside juice. Remove pulp from bag. Weigh or measure and add to it an equal quantity of water. Boil again 20 minutes and strain. Mix the two liquids (extractions): it should measure about 3 quarts. Place in wide granite pan (dishpan) so that liquid is not more than 2 inches deep. Heat rapidly 30 to 45 minutes, or until liquid is ½ inch deep or reduced to 1½ pints. If not wanted for immediate use, pour at once into hot, clean bottles that have been standing in boiling water, and seal. Bottle should not hold more than ½ cup.

STRAWBERRY JELLY WITH PECTIN

1 cup strawberry juice (or that of any other berry) — 1¼ cups sugar — 5 tablespoons homemade apple pectin

Place 1 quart strawberries, or any other berries in preserving kettle, add a few tablespoons water. Bring slowly to the boiling point. Boil rapidly for a few minutes, until berries are soft. Strain through coarse strainer, then let drip through 4 thicknesses of

cheesecloth. Mix juice with sugar and pectin and boil rapidly until it jells. Pour into hot sterilized glasses and cover with paraffine. If berries are quite ripe and mild in flavor add 1 teaspoon lemon juice to the 1 cup of strawberry juice.

PEACH JELLY

1 pint peach juice
1 pint apple juice
Juice of ½ lemon
3 cups sugar

Peach peelings of peaches used in canning may be used. Cover with water and boil well. Measure, add apple pectin or apple juice and lemon juice. Bring to a boil, add sugar, boil rapidly until it jells when tested. Skim and pour into hot jelly glasses. When cool, cover with melted paraffine and keep in a cool, dry place.

Apple Juice—Take tart, under-ripe apples, cover with water, let boil until apples are very soft. Drain through jelly bag.

APPLE JELLY

Wash the apples and cut them into pieces without peeling them or removing the cores and seeds. Put into kettle, just cover them with cold water, and cook until soft and tender. Transfer to a jelly bag and let drain. Do not squeeze if clear jelly is desired. Measure and return to kettle. For every pint of juice add a pint of sugar and boil together for 20 or 30 minutes, testing all the time. When it will jell on a cool plate it is done. Pour the jelly into glasses and cover it with melted paraffine.

Flavor with vanilla or other extracts just before it is poured into glasses.

ELDERBERRY JELLY

Take equal parts of elderberries and apples. Cover with water and boil. Mash, strain. To 1 cup juice, take 1 cup sugar. Boil juice, skim, add sugar, heated. Boil until it jells. Pour into hot jelly glasses. Cool and cover with paraffine.

No. 1 CURRANT JELLY

4 qts. currants
Sugar

Pick over currants, but do not remove stems. Wash and drain. Mash a few at a time with wooden potato masher in the bottom of preserving kettle. Cook slowly until currants look nearly white. Strain through coarse strainer, then place into bag to drip. Measure equal parts of juice and sugar. Place juice in kettle, bring to boiling point, let boil 5 minutes; add sugar, boil 3 minutes, skim and pour into hot sterilized glasses. Cool, cover with paraffine.

No. 2 CURRANT JELLY

4 qts. currants 1 qt. water

Sugar

Select currants that are not over-ripe. Pick over, but do not remove stems. Wash. Place into kettle, add water and let boil until currants are nearly white. Strain through coarse strainer, then let drip through jelly bag. Measure equal parts juice and sugar. Bring juice to the boiling point, let boil 5 minutes, add sugar, let boil 3 minutes or until it jells, skim and pour into sterilized glasses. When cold, cover with melted paraffine.

BLACK CURRANTS

Wash, pick over, cover with water—let boil until soft. Strain through coarse strainer, then place in jelly bag to drip. Measure equal parts sugar and juice. Bring juice to boiling point, let boil 5 minutes, add sugar, let boil 3 minutes or until it jells; skim and pour into sterilized glasses. Cool, cover with melted paraffine.

CURRANT JELLY WITHOUT COOKING

To make currant jelly by the cold process follow the first rule for jelly as far as dissolving the sugar in the strained juice. Fill warm, sterilized glasses with this. Place the glasses on a board and put the board by a sunny window. Cover with sheets of glass and keep by the window until the jelly is set. The jelly will be more transparent if the juice is strained through the flannel bag. Jelly made by the cold process is more delicate than that made by boiling, but it does not keep quite so well.

Or, wash and mash currants well, let stand a little while and strain. Place juice in stone jar and place in the coolest part of cellar for 24 hours. Remove scum from top, strain and to 1 pint of juice add 1 pint sugar; stir until sugar is dissolved.

Put in glasses and seal. In 24 hours you will have a perfectly transparent jelly. No heat is required.

CURRANT AND RASPBERRY JELLY

4 qts. currants 4 pts. raspberries

Sugar

Select the cherry currants. They should not be over-ripe nor gathered after a rain. Pick over the fruit, but do not take the stems from currants. Mash the fruit, using wooden potato masher. Cook slowly until currants are nearly white. Strain. Take equal parts of sugar and juice. Boil 5 minutes, add heated sugar and boil 3 minutes or until a drop jells on a cold plate. Skim, and pour into glasses. Cover and keep cool and dry.

BLACK RASPBERRY JELLY

Wash the berries, measure, and to every quart of berries add 1 cup water. Place in a preserving kettle, and heat slowly but thoroughly. Pour into a jelly bag and drain. Boil the juice rapidly for 5 minutes, measure it, put it into a clean preserving kettle, and add an equal amount of sugar. Continue the rapid boiling until the liquid forms a jelly when cool. Pour into jelly glasses and cover it with melted paraffine.

BLACKBERRY JELLY

Follow the directions for Black Raspberry Jelly, above.

BLACK RASPBERRY AND CURRANT JELLY

2 quarts black raspberries
1 quart currants
2 cups water
Sugar

Cook raspberries and currants with water 20 minutes. Strain and measure. Add an equal measure of sugar. Cook until it jellies and fill jelly glasses.

RASPBERRY AND APPLE JELLY

¼ peck apples
5 pts. red raspberries
1 cup sugar to 1 cup juice

Peel and quarter apples, cover with cold water and cook until very soft. Pick over berries, wash, place in kettle, mash until the juices flow. Heat slowly to the boiling point and cook until well done. Place apples and berries together in bag and drain. To each cup juice, allow 1 cup sugar. Boil until a drop jells on a cold plate. Skim and turn into hot glasses. When cool, cover with paraffine. Currants may be added for variety.

BAR-LE-DUC

1 lb. large currants, stemmed
¾ lb. sugar

Add sugar to currants, washed and stemmed, let stand over night. Bring slowly to boiling point and boil steadily not longer than 3 to 5 minutes. Let stand in preserving kettle overnight. Pour in jelly glasses, cover with paraffine and keep in a dry, cool place.

CHERRIES IN CURRANT JELLY

2 qts. currant juice
2 qts. stemmed and pitted cherries
8 lbs. sugar

Wash, mash and cook slowly at first as many currants, with stems, as will make 2 quarts of strained juice. Let juice come to a boil, add sugar and skim; add cherries and cook slowly and steadily from 10 to 15 minutes. Pour in jelly glasses, cover and keep in a dry, cool place.

CRABAPPLE JELLY

8 quarts apples 4 quarts water
Sugar

Select under-ripe Siberian crabapples, a yellow pink-cheeked apple. Wash, cut in halves, but do not pare or core the apples. Boil until soft. Mash and pour into jelly bag and let drip into large pitcher or jar. Do not squeeze. Take equal parts of juice and sugar. There should be about 3 quarts of juice. Add, if desired, a few rose geranium leaves.

Put juice on to boil, let boil 5 minutes, add the sugar, boil a few minutes longer; or until a drop jells on a cold plate.

Skim and turn into hot glasses. When cool, cover with paraffine, and keep in a cool, dry place.

Crabapple Sauce may be made by straining the drained apples, adding sugar and cinnamon or lemon juice to taste, and heating it up only long enough to dissolve the sugar.

CRABAPPLE AND PLUM JELLY

¾ peck crabapples ¼ peck plums
Water to barely cover Sugar

Select under-ripe fruit. Wash and pick over, but do not pare or seed. Boil until soft. Mash and pour into jelly bag to drip. Do not squeeze. Take equal measure of sugar and juice, let juice boil 5 minutes, add sugar and boil until a drop jells on a cold plate. Skim and turn into hot glasses, cover and keep in a cool, dry place. Reserve the pulp, if desired, strain through sieve, add sugar to taste and use as sauce.

CRABAPPLE AND CRANBERRY JELLY

½ peck crabapples 2 quarts cranberries

Follow directions for Crabapple and Plum Jelly, above.

GRAPE JELLY

An acid grape is best for this jelly. The sweet, ripe grapes contain too much sugar. Use half-ripe fruit, or equal protions of nearly ripe and green grapes. Wild grapes make delicious jelly. To 4 pounds grapes crushed, use 1 pint water.

Grapes should be picked over, washed and stems removed before putting into preserving kettle. Heat to the boiling point and cook until the seeds are free. Press through jelly bag and strain. Use ⅔ cup sugar to 1 cup juice. When juice boils add sugar, and boil until it jells. Skim and pour into sterilized glasses. Keep in cool, dry place.

CRANBERRY JELLY

For recipe, see page 333.

QUINCE JELLY

Rub the quinces with a coarse crash towel; cut out the blossom end. Wash the fruit and pare it and cut in quarters. Cut out the cores, putting them in a dish by themselves. Have a large bowl half full of water; drop the perfect pieces of fruit into this bowl. Put the parings and imperfect parts, cut very fine, into the preserving kettle. Add a quart of water to every 2 quarts of fruit and parings. Put on the fire and cook gently for 2 hours. Strain and finish the same as apple jelly. The perfect fruit may be preserved or canned.

To make quince jelly of a second quality, when the parings and fruit are put on to cook put the cores into another kettle and cover them generously with water and cook 2 hours. After all the juice has been drained from the parings and fruit, put what remains into the preserving kettle with the cores. Mix well and turn into the straining cloth. Press all the juice possible from this mixture. Put the juice in the preserving kettle with a pint of sugar to a pint of juice; boil 10 minutes.

PLUM JELLY

Use an under-ripe acid plum. Wash the fruit and remove the stems. Put into the preserving kettle. Cover with water. Cook gently until the plums are boiled to pieces. Strain the juice. Take 1 cup sugar to 1 cup juice and proceed the same as for other jelly.

PARADISE JELLY

10 medium quinces 1 quart cranberries
20 medium sweet apples

Peel the quinces and slice but do not core. Slice apples, but do not peel or core. Place in preserving kettle with cranberries. Cover with water. Boil until very soft. Drain in jelly bag. Measure juice and boil about 12 minutes and skim. To each cup of fruit juice, add 1 cup of sugar. Boil until a few drops harden on a cold plate. Pour into hot sterilized glasses, cool and cover with paraffine.

THORN APPLE JELLY

Wash thorn apples, cut in halves, cover with water, boil until soft. Strain through jelly bag. Place juice in kettle, let heat gently, and skim. For each cup of thorn apple juice, allow 1 cup sugar. Add sugar warmed, and boil until a drop hardens on a cold plate. Pour into hot sterilized glasses, cool and cover with paraffine.

WILD FRUITS FOR JELLY

Wild raspberries, blackberries, barberries, grapes, and beach plums all make good jellies. The frequent failure in making these comes from fruit not being fresh or from being over-ripe.

CHERRY JELLY

Unless the cherries are very tart and under-ripe they will not make stiff jelly. Combine them with other fruits, as currants, unripe gooseberries or supply the necessary jellying quality by adding Apple Pectin, page 541, and proceed as for Crabapple Jelly, same page.

VENISON JELLY

1 peck wild grapes, or
12 lbs. concord grapes
1 quart vinegar
¼ cup whole cloves
¼ cup stick cinnamon
6 lbs. sugar

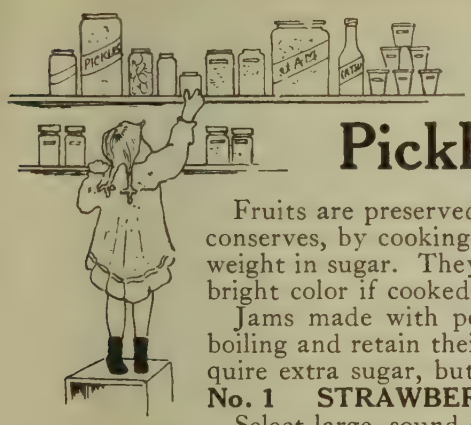
Put first 4 ingredients into a preserving kettle. Heat to boiling and cook until grapes are soft. Strain through a jelly bag and boil the juice 20 minutes. Add sugar and boil 5 minutes or until it jells. Turn into glasses.

MINT JELLY

½ peck snow apples
Sugar
½ cup fresh mint leaves
2 tablespoons lemon juice
Green vegetable coloring

Wipe apples, remove blossom ends and cut in quarters. Put in preserving kettle, add cold water to barely cover. Cover and cook slowly until apples are soft; mash, drain in jelly bag and measure. Boil 5 minutes, add an equal measure of sugar, bring to the boiling point, let boil 2 minutes; add mint leaves, let boil until it jells, then add lemon juice and a little green vegetable coloring. Strain into glasses.

CHAPTER XLII



Preserving *and* Pickling of Fruits

Fruits are preserved into marmalades, jams and conserves, by cooking with from ¾ to their whole weight in sugar. They retain their best flavor and bright color if cooked rapidly over a hot fire.

Jams made with pectin, page 540, require less boiling and retain their color and flavor. They require extra sugar, but produce more jam or jelly.

No. 1 STRAWBERRY PRESERVES

Select large, sound strawberries. Pick and wash them carefully. Place in preserving kettle alternately 1 pound of berries and from ¾ to 1 pound of sugar. Let stand over night. Place on stove, let come to a boil, cook steadily for 15 minutes or until the fruit is clear. Cover and let stand over night. Put in jelly glasses or jars.

No. 2 STRAWBERRY PRESERVES

3 qts. strawberries 5 cups sugar
2 cups water or berry juice

Pick over, wash and stem fine, large strawberries. Then weigh 2 pounds. Boil sugar and water or the berry juice, to a thick syrup, then skim. Add berries, cover, and bring slowly to a boil. Remove cover, let boil rapidly for 15 minutes. Then cover and let stand until cold. Remove cover, let stand over night. Then pour in sterilized jelly glasses, cover with paraffine.

For Berry Juice, crush, heat and strain the imperfect berries.

Raspberries or Blackberries may be preserved the same way.

SUNSHINE STRAWBERRIES

Use equal weights of sugar and strawberries. Put the strawberries in the preserving kettle in layers, sprinkling sugar over each layer, not more than 2 inches deep. Place on stove and heat slowly to the boiling point. Skim carefully. Boil rapidly for 10 minutes. Pour on platters, cover with glass. Let stand in sunshine 8 to 12 hours. Pour into jars or tumblers.

SUNSHINE CURRANTS OR CHERRIES

Select large, firm red or white fruit, remove the stems, and proceed as for strawberries. Stone the cherries before weighing.

CHERRY OR RASPBERRY PRESERVES

5 lbs. cherries or raspberries 5 lbs. sugar

Wash raspberries, do not mash; or wash, pick over and stone the cherries. Place in preserving kettle, alternate layers of sugar and fruit; let stand over night. Bring slowly to the boiling point and boil rapidly until thick and clear. Put away in glasses or jars.

CHERRY, CURRANTS AND RASPBERRY CONSERVE

1 quart cherries, stoned 1 pint raspberries
1 quart large currants 1 large orange
Sugar

Wash and pick over the fruit. Cut the orange in thin slices. Weigh and add an equal amount of sugar. Let come to a boil slowly, then boil rapidly until thick. Turn into jelly glasses.

BAKED CRABAPPLE PRESERVES

½ peck crabapples 1-gallon stone jars
4 lbs. sugar 1 tablespoon water

Wash, wipe and remove the blossom ends of perfect, large, red crabapples. Pour water in bottom of a covered dish or jar, then place in alternate layers of apples and sugar, not too full, (with sugar on top). Cover. Bake 2 or 3 hours in a slow oven, 250° F., basting 3 or 4 times with the hot syrup. Place in glasses, and seal.

Baked Sickel Pears—May be prepared the same way. Flavor if desired, with ginger or lemon juice.

Baked Quinces—Quinces may be wiped, cored, and quartered; sugar filled in the cavities, and baked same as crabapples, in a slow oven, 250° F., 3 or more hours until clear and glassy.

BAKED CRANBERRIES OR CHERRY PRESERVES

4 quarts cranberries or sour cherries 4 quarts sugar
1-gallon stone jars.

Pick over, wash and drain large, perfect cranberries; or stem and then stone large cherries (so they remain whole). Place a tablespoon hot water in a large casserole or dish, then alternately in layers cranberries or cherries and sugar (not too full, with sugar on top), cover closely. Bake in a slow oven 2 hours, 250° F., basting with the syrup several times. Place jars, and seal.

WATERMELON RIND PRESERVES

Peel the rind of a watermelon that is not too ripe, cut or chop into ½ inch cubes or strips, leaving as much of the firm, red pulp on the rind as possible.

To 4 cups of diced (or sliced) melon take 3 cups of sugar, 3 lemons,

sliced fine, and seeded. Let boil slowly about 2 hours until the rind is clear and the juice is thick. Place in airtight jars. Or, take 2 oranges and only 1 lemon for variety.

Or, when nearly done, add a small can of grated pineapple and cook 15 minutes longer.

QUINCE PRESERVES

Wash, peel, core and cut quinces in ½-inch cubes. Put on in cold water to cover, boil until tender. Drain. Weigh. To 1 lb. fruit allow 1 lb. sugar. Boil juice and sugar 5 minutes, add fruit. Boil steadily until clear and deep red. Pour in jars and seal.

QUINCE AND SWEET APPLE PRESERVES

1 peck quinces
½ peck pears
¼ peck sweet apples (Tolman)
Sugar

Wash quinces and apples, then peel, core and cut in rounds, peel pears and cut in quarters. Cover cores and peels with cold water, boil thoroughly and strain. Boil the quince rounds in cold water until they can be pierced with a silver fork, remove carefully to platter. Weigh the fruit, and for each pound of fruit, allow ¾ pound of sugar. Add sugar to liquid and let boil until a clear syrup. Add the fruit, boil slowly and steadily for 3 or 4 hours until the fruit is clear and a deep red color. Pour into crocks or jars and cover.

GINGER PEARS

8 lbs. pears
4 lbs. sugar
¼ lb. Canton ginger
4 lemons

Wipe pears, quarter, core and remove the stems and cut into small slices. Add sugar, the ginger, cut fine, and the juice of the lemons. Cut the lemon rinds into long, thin strips; mix all together and let stand over night. Place in preserving kettle, on stove and let cook slowly for 3 hours, or until thick and clear. Put in stone jar, well covered, or in glass cans.

GINGER APPLES

1 qt. sour apples, diced
2 cups brown sugar
1 lemon
2 cups water
6 pieces ginger root

Wipe, pare, quarter, core and cut the apples into small squares. Grate the rind of the lemon. Boil water, sugar and lemon juice 12 minutes or until clear, add the rest of the ingredients and cook slowly 2 or more hours until thick and brown.

Will keep for several weeks, or longer if filled while hot in airtight cans.

BLUEBERRY OR RASPBERRY AND APPLE BUTTER

1 qt. blueberries, or raspberries
1 qt. apple pulp
3 lbs. sugar

Use tart apples. Remove stems, cut in quarters. Add enough water to cover and cook until soft. Put through strainer. Measure apple pulp, and blueberries or raspberries and take an equal amount of sugar; cook until clear and thick, then place in clean, hot jars, and seal.

BLUEBERRY AND CRABAPPLE JAM

3 qts. crabapples, chopped
1 qt. blueberries
6 lbs. sugar

Cut crabapples in quarters, remove cores but do not pare, put through food chopper, measure, add enough water to almost cover apples, cook 10 minutes, add berries and sugar, let cook until clear; pour into clean, hot glasses; let cool, cover with hot paraffine.

APPLE BUTTER

1 peck apples
4 qts. water
2 qts. cider
3 lbs. sugar
Cinnamon
Cloves

Wash the apples and cut in small pieces. Add the water, boil until the apples are soft, and rub through a sieve. Boil cider down ½, add hot apple pulp, sugar and cook until nearly done, stirring constantly. Add the ground spices and cook until thick enough to spread without running. Pour into jars, and seal with paraffine.

APRICOT JAM

1 lb. dried apricots
1½ cups sugar
¾ cup apricot water
1 orange

Wash the apricots, soak over night, in cold water to cover. Slice the orange fine and cut each slice into small pieces and if desired, add 1 cup of seedless raisins, mix well with sugar and water and cook slowly until thick—about 1 hour. Turn into jelly glasses and cover well.

GROUND CHERRIES

Remove husks from ground cherries. Make a syrup of 1½ cups sugar, 3 cups water and juice of 2 lemons; boil 5 minutes; add enough cherries to come to top of syrup. Boil slowly until cherries are tender and clear, can and seal in sterilized jars as other fruit.

Or, in place of the lemon, add ⅓ as many sliced tart apples and cook until apples and ground cherries are thick and clear.

GRAPE PRESERVES

4 lbs. grapes
4 lbs. sugar

Pick over, wash, drain, and remove stems from grapes. Press the pulps from the skins. Heat pulp to boiling point and cook slowly until seeds are free. Rub through fine sieve. Return to kettle, add skins and an equal measure of sugar; cook slowly 30 minutes, stirring occasionally to prevent burning. Put in jars.

GRAPE CONSERVE

8 lbs. Concord grapes
1 lb. seeded raisins or figs
3 or 4 oranges
2 lemons
Sugar

Pick over, wash, drain and remove stems from grapes. Put in preserving kettle, add only a little water, let simmer, until the seeds are free, then press through sieve, discarding skins and seeds. Add oranges and lemons cut fine; to 1 pound fruit, add 1 pound sugar. Boil until thick. Fill jelly glasses. Cool and seal.

GREEN TOMATO PRESERVES

1 qt. sliced green tomatoes
1 qt. sugar
1 lemon, grated yellow rind, juice and pulp
1 stick cinnamon

Place in kettle, let stand several hours to draw juice. Cook until tomatoes are thick and clear.

TOMATO PRESERVES

1 lb. yellow pear tomatoes or, the red ones, sliced
1 lb. sugar
2 oz. Canton ginger, or a few pieces of ginger root
1 lemon, grated rind and juice

Scald the tomatoes and peel. Cover with the sugar, and let stand over night. Drain syrup into preserving kettle and boil until clear and quite thick and skim. Add ginger, grated yellow rind of lemon, cut in half, scooping out juice and pulp, and add to tomatoes. Cook until the fruit is clear. Pour into jars or crocks.

PLUM JAM

Wash and pick over plums. Remove the stones. If Damsons are used, cover stones with water and cook separately. Strain and add juice to plum pulp. Measure pulp and to each cup add from ¾ to 1 cup of sugar, depending on sweetness of fruit. Place in preserving kettle and boil slowly, stirring constantly to prevent burning. When clear and thick, put in jelly glasses or jars.

1-2-3 PRESERVE

1 pineapple cut in thin wedges
2 oranges—rind of one
3 qt. boxes of strawberries
4 lbs. of sugar

Place all ingredients in preserving kettle, stir until sugar is dissolved, then boil for one hour and fifteen minutes. Pour into sterilized jars, seal with hot paraffine. Cool and put covers on jars.

CHERRY CONSERVE

5 lbs. ripe cherries
5 lbs. sugar
1½ lbs. seedless raisins
4 oranges
2 lemons

Wash, stem and pit the cherries. Squeeze out the juice of the oranges and lemons. Wash raisins. Mix all together and let stand over night. Then boil slowly and steadily for several hours, or, until thick and clear. Pour in cans, and seal.

GOOSEBERRY CONSERVE

3 lbs. gooseberries
3 lbs. sugar
1 lb. seeded raisins
3 large oranges

Grate the rind of the oranges, remove the skin and use grated rind and juice. Mix all together and cook slowly until thick. Seal hot.

RHUBARB CONSERVE

To 3 cups of pieplant cut, add 3 cups of sugar and the juice of 3 oranges and 1 lemon. Cook 30 minutes. Then add the grated rind of oranges and lemon and ½ pound of chopped almonds. Cook 5 minutes longer.

RHUBARB AND FIG PRESERVE

2 lbs. rhubarb
½ lb. figs
2 lemons, juice and rind
2½ lbs. sugar

Wash figs and rhubarb and cut in small pieces. Grate the lemon rind, add sugar and lemon juice and stir often until juice is formed. Place in preserving kettle, cook gently for 30 minutes, add the grated lemon rind, boil 15 minutes longer until thick and clear. Place in jelly glasses and pour paraffine over top.

PLUM CONSERVE

3 lbs. blue plums or prunes
1 lb. seeded raisins
3 oranges, cut in small pieces
Juice of 2 lemons
3 lbs. sugar
1 lb. English walnuts, meats

Wash the plums, remove the stones and cut them into small pieces. Mix with the rest. Place in preserving kettle, on stove, let come slowly to the boiling point and cook steadily until the fruit is clear and thick. Put in jelly glasses or jars.

PEACH CONSERVE

3 lbs. peaches
1 small can pineapple
1 orange
Sugar

Pare peaches, add 2 cups of water and cook until soft. Mash or rub through colander, add pineapple cut in small pieces, and

the orange, and cook until slightly thickened. Add ¾ as much sugar as fruit, and cook until it is as thick as marmalade. If fresh pineapple is used, it should be cooked with the peaches.

CHERRY AND PINEAPPLE CONSERVE

1 qt. sour red cherries
1 cup grated pineapple
1 pt. tart apples, diced
4 cups sugar

Mix all ingredients and cook slowly until mixture is thick and clear. Turn into jelly glasses. When cold cover with hot paraffine.

PEAR CONSERVE

1 peck pears
4 lbs. sugar
1 lb. raisins, seeded
1½ lbs. English walnut meats
3 lemons, juice
2 oranges, juice

Pare, core and slice the pears in large pieces, crosswise; add sugar and let stand over night. Drain off the liquid and let boil to a syrup, about 12 minutes, then add pears and the rest of the ingredients, breaking the walnuts into pieces, about the size of the raisins. Let cook slowly 1 hour until thick and clear. Place in jars. Cover well.

PEAR AND APPLE CONSERVE

9 hard pears
6 tart apples
1½ lemons
⅛ lb. Canton ginger
½ pint water
Sugar

Pare, quarter and core the pears. Pare apples, core and cut crosswise in ½-inch slices. Grate the rind of the lemons and add the juice to the water. Cut ginger in small pieces. For every pound of fruit allow one pound of sugar. Boil sugar and water to a syrup, add the rest of the ingredients and boil ¾ hour or until thick and clear. Place in cans or glasses and cover well.

QUINCE CONSERVE

4 medium quinces
3 large tart apples
1 cup seeded raisins
½ cup maraschino cherries
¼ lb. prunes, stoned
¼ lb. dried figs, cut
1 qt. water
4 cups sugar

Peel quinces and cut in thin slices. Cut cherries fine, mix all ingredients and cook slowly until quinces are tender, then add sugar, bring slowly to the boiling point, let cook steadily until thick and clear. Pour while scalding hot in sterilized jars, and seal.

ORANGE AND PEACH MARMALADE

3 oranges 9 peaches

Sugar

Cut oranges in eighths, slice thin, simmer until tender.

Skin peaches, slice, and add to oranges. Measure, and to 4 cups fruit add 3 cups sugar, and simmer until thick and clear. Put in glasses, cover with paraffine.

RAW CRANBERRY RELISH

1 lb. cranberries 1 large orange

2 cups sugar

Put the cranberries and orange (rind and pulp) through the food-chopper. Add sugar and mix thoroughly. Let stand for several days. 1 cup crushed pineapple may be added. Serve with meat.

GOLDEN CHIP

6 lbs. pumpkin 4 lemons

6 cups sugar 2 oz. green ginger root

1 quart water

Cut pumpkin into balls with French cutter or into cubes, add ginger root and lemons in small, very thin slices, and put into sauce-pan. Add water and let stand over night. Cook very slowly until tender, add sugar, cook until it will jell, and is a light amber color. Put in jelly glasses.

BEET PRESERVES

4 lbs. beets 3 lemons

3 lbs. sugar ¼ lb. almonds

2 oz. green ginger root

Wash and peel young beets, slice very thin or put through meat grinder. Place in preserving kettle, cover with water and let cook slowly until tender. Add sugar, ginger, root, blanched and sliced fine, the lemon juice and grated rind. Cook gently until thick and clear, about 1 hour. When nearly done, add almonds (blanched) and put through grinder. The almonds and the ginger may be omitted and dried ginger root may be used in place of the green. Put in jelly glasses and cover with paraffine.

CARROT MARMALADE

3 lbs. raw grated carrots 6 lemons

3 lbs. sugar ¼ lb. grated almonds

Take young carrots, wash, scrape and put through meat grinder. Cover with water and cook until tender. Press through a strainer to make a smooth pulp. Add sugar, the grated yellow rind of lemons and the juice. Place in preserving kettle, let cook gently, about ½ hour, or until thick and clear. When nearly done add almonds, blanched and put through grinder. Put in glasses, and when cool, cover with paraffine.

RADISH PRESERVES (Russian Style)

1 qt. radishes
1 oz. ginger root
1 qt. strained honey
Almonds cut in thin slices

Cut radishes (black) in thin slices ¼ by 1 inch. Cook in boiling water 3 or 4 minutes. Drain and dry between towels. Add honey and ginger and cook until syrup drops heavy from spoon. Put in jelly glasses. Serve mixed with almonds.

ORANGE MARMALADE

4 oranges
1 lemon
Cold water
Sugar

Wash fruit, cut in half, remove seeds and stem end. Slice rind very thin or grind fine. For every cup of fruit add 1½ cups water. Let stand overnight. Pour in preserving kettle, let cook slowly from 1 to 2 hours or until tender; again let stand overnight. For each cup of fruit add 1 cup of sugar, and cook 20 minutes or until it jells. Pour into hot sterilized glasses; cover with paraffine.

GRAPEFRUIT MARMALADE

2 grapefruits
2 oranges
2 lemons
Sugar

Wash fruit. Remove core and seeds of grapefruit. Remove thin, yellow outside rind, and cut ½ of it in fine strips. Remove the thick white peel, but do not use. Mix shaved rind with the cut up fruit pulp. Put into preserving kettle with 3 times as much water and let stand over night. Put on stove, let come to boiling point and boil for 2 minutes. Repeat this for 2 days. The third day measure, add an equal amount of sugar and boil 1 hour or until thick. Turn into jelly glasses.

PINEAPPLE AND GRAPEFRUIT MARMALADE

1 lemon
1 grapefruit
1 pineapple
Sugar

Pare and shred the pineapple. Cut grapefruit and lemon in quarters and then in thin slices. Measure fruit and cover with water, 3 pints water to 1 pint of the fruit. Set aside until next day. Let boil 3 or more hours and until rind is very tender. Set aside until next day. Measure and add an equal amount of sugar. Let boil until a drop jells on a cold plate.

PINEAPPLE AND PEAR PRESERVES

1 lb. pears
1 can sliced pineapple
1½ cups sugar
¾ cup boiling water

Dissolve sugar in water, let boil. Cut pears in halves lengthwise, remove cores and skin. Cut pineapple in quarters, add fruit to hot syrup. Let cook until tender and clear. Put in sterilized jars, and seal.

STRAWBERRY AND PINEAPPLE JAM

Run pared and cored pineapple through a food chopper. Take equal parts of strawberries and pineapple. To every 5 cups of fruit add 4 cups sugar. Let stand several hours. Put in preserving kettle, let cook gently until clear and thick. Put into jelly glasses. Cover and set in a cool, dry place.

RASPBERRY OR STRAWBERRY AND RHUBARB JAM

4 cups sugar — 3 cups cooked rhubarb
3 cups strawberries or raspberries

If raspberries are used, pick over, wash, mash and cook quickly at first until soft. Strain, and set aside juice.

Use tender red rhubarb, trim off hard ends, wash, and without skinning, cut into small pieces. Mix fruit and sugar, let stand several hours. Put in preserving kettle, let cook gently until clear and thick. Place in jelly glasses.

PINEAPPLE AND APRICOT MARMALADE

No. 1

1 large pineapple, or 1 can — 6 doz. fresh apricots
3 cups sugar to 4 cups fruit

Pare, core and cut pineapple in cubes, cut apricots in halves, remove stones and place with the pineapple in preserving kettle. Measure, and to 4 cups fruit, add 3 cups sugar. Heat slowly to the boiling point and let cook gently until thick and clear. Place in glasses, cover with paraffine.

No. 2

½ can pineapple — 3 cups sugar to 4 cups fruit
½ lb. dried apricots

Soak the apricots over night, add pineapple. Cook the fruit until tender (about 1 hour) and add the sugar. Let cook gently until clear. Pour into jelly glasses, cool, cover with paraffine.

CRANBERRIES WITH SALT

1 quart cranberries — ½ level teaspoon salt
2 cups water — 1 cup sugar

Bring water and salt together to the boiling point. Pick over, wash cranberries and add to boiling water. Let cook rapidly 5 minutes, or until the skins burst. Cool slightly, add sugar, bring to boiling point and cook slowly 5 minutes more.

Or, boil the berries with the salt and water until soft, and when nearly cool stir in sugar. Put in jelly glasses, cover with paraffine.

BAKED CRANBERRIES

Wash, pick over and prick berries. Mix with equal quantities of sugar (by weight) and bake for 1 hour at 350 degrees. After cooling they thicken and have the appearance of candied cherries.

CRANBERRY CONSERVE

1 qt. cranberries
1½ cups water
¼ lb. raisins
½ lb. walnuts
1 orange
1½ lbs. sugar

Boil cranberries with ½ the water until they burst. Strain, add remaining ingredients, (raisins, walnuts and oranges cut in pieces), boil 25 minutes and pour in a wet mould or in jelly glasses, and chill, cover and keep for future use.

WHOLE PRESERVED KUMQUATS

1 qt. kumquats 1½ cups water 1½ cups sugar

Wash kumquats thoroughly, prick with a fork or cut two slight gashes at right angles across blossom end. Make a sryup of sugar and water, let cool, add kumquats, and cook very gently over slow fire one hour or until clear. Do not remove cover until cold. Put the fruit in jars, cover with syrup, and seal.

PICKLED FRUIT

PICKLED APPLES

9 lbs. apples
4 lbs. sugar
1 pt. water
1 qt. vinegar
¼ cup broken cinnamon and cloves, mixed

Select "Pound Sweets" or large Crabapples. Pare the sweet apples, leave crabs whole, with stems.

Place fruit in crock alternately with sugar, pour vinegar and water over and let stand over night, covered. Drain and to the liquid add the spices, tied in a bag. Heat slowly and when clear, add apples; boil until tender. Place in heated cans, using skimmer and place cover on can. Let syrup boil down a little and lifting covers, pour the boiling syrup over the fruit, remove spices and seal.

PICKLED CRABAPPLES

6 lbs. crabapples
1 qt. cider vinegar
2 cups sugar
1 tablespoon cloves
2 sticks cinnamon
1 tablespoon ginger

Wash crabapples, let steam until soft. Place in preserving kettle with vinegar, sugar, and spices tied in a bag. Bring slowly to boiling point, cook gently about 20 minutes. Pour in jars, and seal.

PICKLED PEARS

12 lbs. pears, peeled
4 lbs. sugar
1 cup water
1 pt. vinegar
¼ cup broken cinnamon and cloves, mixed

Place pears, in a crock alternately with layers of sugar. If large pears are used, core and quarter them. Cover with the water and vinegar. Let stand covered overnight. Drain and to the liquid add the spices tied in a bag, soft heads of cloves removed. Heat slowly, when clear, add the pears, boil until tender, but not soft, a few at a time. Place in hot jars, and place cover on can. When fruit is all cooked and in the can, lift covers and pour the boiling syrup over the fruit and seal at once.

PICKLED PEACHES

6 lbs. (½ peck) peaches
3 lbs. sugar
1 pt. cider vinegar
1 cup of water
2 tablespoons cloves, heads removed
2 sticks cinnamon, broken in pieces

Pare large clingstone peaches and weigh. Boil sugar, vinegar and spices, tied in a bag, about 12 minutes or until clear. Add peaches, only enough for one can at a time, and cook, testing with a straw, until thoroughly heated. Lift out of kettle with perforated skimmer, place in jars and cover to keep hot. Continue the same way until all the peaches are cooked. Cook syrup down a little, pour boiling hot over the peaches. Screw down covers immediately and seal air-tight.

BAKED PICKLED PEACHES

8 lbs. peaches
4 lbs. sugar
1 pint cider vinegar
1 cup water
1 or 2 sticks of cinnamon
8 or 10 cloves

Peel peaches, stick a clove in each one. Mix other ingredients and pour into a large flat pan. Place peaches in the syrup, cover, and bake 3 hours at 300° F. Pack in hot jars, and seal.

Makes 4 quarts.

PICKLED PLUMS

6 lbs. plums
3½ lbs. sugar
1 pt. vinegar
1 tablespoon cinnamon
½ tablespoon allspice
½ tablespoon cloves

Remove stones from plums or prick with fork. Boil vinegar, sugar and spices, then add plums and boil slowly 30 minutes. Place in jars, and seal.

No. 1 SWEET PICKLED WATERMELON

2 lbs. watermelon rind
¼ cup salt to 1 qt. water
¼ cup mixed pickle spices
1 pt. vinegar diluted with 1 pt. of water
4 cups sugar

Pare rind, leave some of the red meat on and cut into small strips or squares. Soak in salt water overnight. Drain, add fresh water, boil until tender and drain. Boil vinegar, sugar and water to a syrup, add spices, tied in a bag. Add watermelon, boil slowly until clear. Remove spice bag and pour hot in airtight jars.

Cantaloupe. Take underripe melons, pare, cut and proceed as in watermelon, above.

No. 2

7 lbs. watermelon rind
5 lbs. sugar, white and light brown, mixed
½ teaspoon salt
1 teaspoon lump alum
1 qt. vinegar, 1 pt. water
6 sticks cinnamon
1 tablespoon cloves

Pare rind, cut into strips. Boil until tender and clear in water with salt and alum. Drain. Chill in cold water, dry on cloth. Boil sugar, vinegar and water to a light syrup, add spices, melon rind; boil until clear. Remove spices, pour in jars, seal. Let stand four weeks before using.

PICKLED CHERRIES

Pit 2 quarts sour cherries, put into stone jar, cover with vinegar and let stand for 24 hours (stir it up a few times). Then drain off the vinegar. Measure the same amount of sugar as cherries, and alternate in layers, sugar on top. Stir this each day for 3 days, or until all the sugar is dissolved. Then bottle.

SPICED CHERRIES

6 qts. cherries, pitted
3½ lbs. white sugar
1 pt. cider vinegar
1 tablespoon ground cinnamon
½ tablespoon ground allspice
½ tablespoon ground cloves
½ nutmeg, grated

Mix sugar, vinegar and spices, until dissolved and pour over the cherries. Stir well for 3 mornings and then bottle and seal.

Spiced Currants—Stem the currants and proceed same as for spiced cherries, using less spice.

SPICED GOOSEBERRIES

5 lbs. under-ripe gooseberries
4 lbs. sugar
1 pt. vinegar
1 tablespoon cinnamon
½ tablespoon allspice
½ tablespoon cloves

Wash and stem the fruit. Bring vinegar, sugar and the spices (ground), to a boil. Add the berries and boil slowly 20 minutes. Place in glasses and cover well.

CHAPTER XLIII

PICKLES, CATSUPS AND RELISHES

GENERAL RULES FOR PICKLES

Cucumbers for pickling must be fresh picked, not over 24 hours old. Dill is best, when seeds are full grown, but not so ripe that the seeds fall off the stalk. Use common salt, not table salt. Use pickling vinegar.

Pickles will spoil if not kept completely under the brine. About ½ their measure in brine will cover cucumbers. (½ gallon brine covers gallon cucumbers.) Mix salt with small amount of water, then add rest of the water. A salt brine that will just lift up an egg or a potato from the bottom of the crock is a 10% solution, or 1 cup salt to 9 cups water. A weak brine, ½ cup salt to 9 cups water (5%) or less, will cause quicker fermentation, but pickles kept in this brine will spoil in a few weeks, unless the scum that rises to top of jar is constantly skimmed off and the brine is clear.

It is best when all fermentation stops, when the pickles are done, to remove them to jars, cover them with their own brine, or add fresh cooled brine, and seal.

Pickles will shrivel if too much sugar or salt is added at one time or if vinegar is too strong. Pickles that are cured, salt pickles or dill pickles may be made into sweet, sour or mixed pickles and will not shrivel.

SUMMER DILL PICKLES

100 large cucumbers
5 stalks dill
1 oz. black peppercorns
Bay leaves
1 cup vinegar
Grape or cherry leaves
1 cup salt
5 qts. water

Soak cucumbers in cold water over night, or 12 hours. Drain and dry. Place in layers of 2 rows cucumbers, then 3 or 4 blossom ends of dill and a teaspoon of whole black pepper; repeat, covering top layer well with dill and adding some cherry or grape leaves. To 4½ quarts of water, take 1 cup of salt. Boil, and when cool, pour over the pickles to cover. Cover with cloth. Weight well with plate, to keep under brine. Let stand in warm place to ferment for a week. One cup of vinegar may now be added. Rinse off scum that arises on cloth every day in warm weather and once or twice a week when cooler.

Or when pickles are done, add the vinegar and pack in 2-quart sterilized jars, add fresh dill, cover with brine, and seal; pickles will keep hard all winter. Keep cool in a dry place.

No. 1 WINTER DILL PICKLES

100 large cucumbers
1 large bunch dill
10 qts. water
1 small horseradish root, diced
1 cup salt
¾ cup vinegar

Soak large, thin cucumbers 4 inches or more in salt water over night. (1 cup salt to 4 quarts water.) Drain and wipe dry. Place in sterilized jars with layers of dill and small pieces of horseradish. Boil 4 quarts water, ½ cup salt and ¼ cup vinegar and pour boiling hot over the pickles, being careful not to crack the glasses. Put on rubber and seal in 2-quart air-tight jars. If brine should ooze out, within a week, do not disturb and when active fermentation stops, pour over enough fresh cooled brine to cover, and seal.

No. 2

In place of pouring the boiling hot brine over pickles make a brine by boiling 10 quarts of water, 1 quart of vinegar and 2 cups of salt; let cool and pour over pickles in jars, and seal.

SMALL DILL PICKLES

Thin cucumbers, 3 to 4 inches
Small red peppers
Dill
Horseradish root
1 cup salt to 4 qts. (16 cups water)

Scrub pickles and place them upright in sterilized jars. Between each layer, place a few blossom ends of dill, diced horseradish root and small pieces of red peppers. Add salt to water, pour over pickles to cover, and arrange stems of dill across top of jar to keep pickles under brine. Seal, add more salt water next day if necessary to cover. Watch for a week if brine has oozed out, add more fresh brine to fully cover, and seal.

ESTRAGON PICKLES

25 cucumbers (thin, long)
1 stalk dried estragon
1 bunch of dill (6 stalks)
1 horseradish root (diced)
2 tablespoons white pepper corns
12 bay leaves (dried)
1 cup salt
1 qt. water
2 qts. vinegar
½ lb. mustard seed

Soak pickle in cold water 12 hours, or overnight. Drain and wipe. Place over each layer of pickles 2 or 3 blossom ends of dill, 3 or 4 ½-inch pieces of estragon (stalks and leaves), a few small pieces of horseradish root, 1 tablespoon of whole white pepper and 3 or 4 dried laurel leaves. Make a brine of 2 quarts of vinegar, 1 quart water and 1 cup of salt, beat together until it foams, and pour over the pickles to cover. Cover the whole with a bag, made to fit the top of crock. Pour mustard seeds in bag and sew up. Cover with plate and stone, and keep in a cool, dry place. Must stand 5 or 6 weeks. Keep well.

EASY CUCUMBER PICKLES

Cucumbers
2 qts. vinegar
1 qt. water
1 cup salt
2 cups sugar
1 cup ground mustard

Soak small cucumbers in cold water to freshen. Mix dry ingredients, and add vinegar gradually to dissolve mustard. Pour mixture over as many cucumbers as it will cover. Add fresh cucumbers from day to day until crock is full. Then cover with plate and weight down. Ready for use in several weeks.

No. 1 SWEET PICKLES (WHOLE)

50 small cucumbers
3 cups vinegar
1 cup water
2 cups sugar
1 bunch dill
Mixed spices

Soak cucumbers in salt water overnight. (⅓ cup salt to 1 quart water). Drain and dry. Boil vinegar, water and sugar 10 minutes or until clear, add cucumbers and let stand over low fire, until they lose their grass-green color. Place 1 teaspoon mixed spices and a few dill blossoms in bottom of each jar, add pickles, cover with hot syrup, place dill on top and seal.

No. 2

5 lbs. small cucumbers
1 qt. vinegar
2 cups sugar
Salt
1 tablespoon mustard seed
1 tablespoon cinnamon
1 teaspoon allspice
1 teaspoon cloves

Soak cucumbers overnight in 2 tablespoons salt to 1 quart water. Next morning heat brine, skim it and pour over the cucumbers. Let stand 2 days, drain. Heat brine again, pour over cucumbers, let stand again 2 days. Drain, heat brine once more, let stand 2 days. On the eighth day drain and throw away the brine.

Place cucumbers in preserving kettle, add vinegar, sugar, a little salt and spices tied in a bag. Heat through, remove spices, Put in clean, hot jars. Seal.

SWEET DILL PICKLES

50 dill pickles
6 lbs. sugar
1 qt. vinegar
½ cup mixed spices

Drain brine from dill pickles. Cut in halves lengthwise or in inch slices crosswise. Bring vinegar, sugar and spices, tied in a bag, to a boil. Add pickles, let boil 2 minutes, put in jars, remove spices and seal.

CELERY PICKLES

25 6-inch cucumbers
1 qt. each, vinegar and water
2 cups sugar
½ cup salt
1 bunch English celery
Medium onions, sliced

Take dill sized cucumbers; cut in quarters lengthwise. Cut celery

length of cucumbers. Pack cucumbers in sterilized jars, slip celery in spaces between and a thick slice of onion on top. Boil vinegar, water, sugar and salt until clear. Pour hot over cucumbers and seal.

SWEET PICKLES (SLICED)

No. 1—Cherry Leaf Pickles

25 large cucumbers
2 qts. cherry leaves
3 tablespoons caraway seed
1 pint vinegar
3 lbs. sugar
¼ cup mixed spices

Place large, thin cucumbers (dill pickle size) in 2-gallon crock, alternately with cherry leaves and caraway seed, having cherry leaves at bottom of crock and on top.

Cover with salt water, ½ cup salt to 1 gallon of water. Let stand 14 days. Cover with weight to keep under brine. Drain, cut in inch pieces. Pack in quart jars. Invert jars to drain. Let stand 1 hour. Make a syrup, using 3 pounds sugar to every pint of vinegar. Add a small piece of alum if desired and ¼ cup mixed spices tied in a bag. Pour boiling hot over pickles, and seal.

No. 2—Sweet Dill Pickles

6 garlic cloves
50 dill pickles, or 4 qts., sliced
½ cup olive oil
1 qt. vinegar
½ cup black peppers
½ cup mixed spices
6 lbs. sugar

Drain brine from dill pickles and dry. Cut crosswise in 1-inch pieces, put in stone crock. Mix with the rest of the ingredients, adding the spices tied in a bag, and boil 3 minutes. Pour in crock. Let stand 1 week, stirring every day. Then pour in jars, and seal.

No. 3—Sliced Oil Pickles

50 cucumbers, 3 inches long
½ cup salt
2 medium onions
1 qt. vinegar
1 cup best salad oil
½ oz. mustard seed
½ oz. celery seed
1 cup sugar

Slice cucumbers, without peeling, ⅛ inch thick. Slice onions. Sprinkle with salt and let stand 12 hours, then drain. Add the rest of the ingredients, mix well. Set aside for a few hours. Pack in sterilized jars with liquid. Adjust rubbers, place covers on loosely. Put jars in warm water bath, let simmer 15 minutes. Seal.

No. 4—Sandwich Pickles

1 qt. sliced cucumbers
1 medium onion, sliced
¼ cup salt
2 qts. water
1 pt. cider vinegar
1 cup medium brown sugar
1 teaspoon mustard seed
½ teaspoon celery seed
1 tablespoon mixed spices
¼ teaspoon tumeric

Use large, green cucumbers, scrub well, cut off ends; but do not peel. Dissolve salt in water, pour over onions and cucumbers, let

stand 3 hours and drain. Add mustard, sugar, and celery seed and the mixed spices, tied in a bag, to the vinegar and bring to boiling point. Add onions and cucumbers. Bring to boiling point again, add tumeric, stir and let cool. Seal when cold.

SLICED CUCUMBERS (Peeled)

6 large cucumbers
¼ cup button onions
1 tablespoon tiny red peppers
2 tablespoons mustard seed
1 pt. vinegar
1 cup water
¼ cup sugar
Oil

Take large salad cucumbers. Peel. Slice ¼ inch thick, let stand in ice chest overnight or for several hours in salt water, ½ cup salt to 1 quart water. Strain. Put in sterilized pint jars, layers of pickles, a few tiny onions and small red peppers.

Boil sugar, vinegar and water, cool and pour over pickles, add ½ teaspoon mustard seed to each bottle, and olive oil to cover.

RIPE CUCUMBER PICKLES

12 large ripe cucumbers
1 qt. small white onions
1 bunch dill
¼ cup mixed spices
Horseradish root
Vinegar and water mixed
1 tablespoon ground mustard

Peel cucumbers, cut in halves lengthwise, scrape out seeds and soft pulp with silver spoon. Cut in pieces as desired. Peel onions, spinkle with salt and let stand. Place cucumbers in salt water, 1 cup salt to 8 cups water. Let stand 5 or more hours; drain. To every gallon of pickles, allow 1 tablespoon mustard. Place in jar, alternate layers of cucumbers, onions, dill and a few slices horseradish root well washed, and mixed spices, and pour vinegar and water over all. Cover and let stand in warm place for 3 days. Cover pickles with bag filled with mustard seeds. Place cover on jar and keep in a cool dry place. Ready for use in 3 days if placed in sun.

SWEET PICKLED RIPE CUCUMBER

1 doz. ripe cucumbers
3 lbs. sugar
1 qt. vinegar
2 tablespoons mustard seeds
1 tablespoon cloves, heads removed
Stick cinnamon

Peel cucumbers, cut in two, lengthwise, scrape out seeds with a silver spoon, salt and let stand overnight. Drain and dry cucumbers. Make a syrup of the sugar and vinegar. Add the mustard seed and also the whole cinnamon and cloves tied in a bag. Boil cucumbers in this syrup only until they are glassy. They must remain crisp. Pack in jars and cover air-tight.

MIXED PICKLES

2 qts. tiny cucumbers
2 qts. large cucumbers cut in ¼ inch slices
2 qts. small white onions
1 qt. string beans, cut
2 large cauliflowers, flowerettes, separate
3 small red peppers, and
1 large green pepper, sliced
1½ cups salt to 2 qts. water
½ cup horseradish root, diced
¼ lb. yellow mustard seed
1½ gallons cider vinegar
1 lb. brown sugar
1 teaspoon red pepper
1 oz. tumeric

Mix first 7 ingredients, pour over salt water, let stand 24 hours, drain. Boil the rest and pour over pickles, let stand 2 days. Pour into jars, and seal.

CHOW-CHOW (MUSTARD PICKLES)

1 qt. very small cucumbers
1 qt. large cucumbers, cut
1 qt. green tomatoes, sliced
1 qt. onions, sliced
1 qt. small onions
1 qt. cauliflower
4 green peppers, chopped
1 cup salt to 4 qts. water
6 tablespoons mustard
1 teaspoon powdered tumeric
1 cup flour
1½ cups sugar
3 pints vinegar

Mix the first 7 ingredients, cover with the salt water and let stand 24 hours. Heat the brine slowly until vegetables are thoroughly scalded and then drain. Mix the flour, sugar, mustard and tumeric to a smooth paste with 1 pint of the vinegar, pour gradually on the remaining quart of vinegar, heated in double boiler. Cook until thick, (do not boil) then add to the hot vegetables. Pack into clean, hot jars, and seal.

DILL BEANS

1 peck wax beans
4 qts. water
1 cup salt
2 large stalks dill
½ oz. black peppercorns
6 bay leaves
6 grape or cherry leaves, fresh
1 cup vinegar

Remove strings and cook beans in boiling, salted water 5 to 7 minutes, (1 teaspoon salt to 1 quart boiling water.) Drain and pack in layers, in a crock, add a few peppercorns, a little dill, some pieces of bay leaf; repeat, covering top layer well with dill and adding the grape or cherry leaves. Follow recipe for Summer Dill Pickles, page 560.

GREEN DILL TOMATOES

Select small firm green tomatoes, follow recipe for Winter or Summer Dill Pickles, page 560, using the green tomatoes in place of the pickles.

PICKLED CABBAGE

4 qts. thinly sliced cabbage red or white
4 teaspoons fine salt
½ teaspoon pepper
¼ cup mustard seed
¼ cup mixed pickle spices
1 cup sugar
2 qts. vinegar, not too strong

Select large, heavy cabbage, take off the outside leaves; cut in quarters and then in thin shreds, using cabbage cutter. Sprinkle the salt over cabbage, mix thoroughly, and let stand over night. Drain slightly and add the pepper and mustard seed, mix and place in crock. Add sugar and pickle spices, tied in a bag, to the vinegar, bring to the boiling point slowly and pour boiling hot over the cabbage to cover. If vinegar is strong dilute with water. May be used cold, or when heated, as a vegetable, in place of sauerkraut. Will keep indefinitely.

PICKLED BEANS

1 peck wax beans
3 tablespoons salt
5 qts. boiling water
1 cup vinegar
½ cup sugar
8 pint cans

Remove strings and cut beans into 1-inch pieces; wash and cook in the boiling, salted water (1 teaspoon salt to 1 quart water), until tender, but still crisp. Drain beans and save the water in which they were cooked. Reserve enough of this bean liquor to fill cans, add the sugar and vinegar. When hot, add drained beans. When boiling, pour at once into the cans. Use as a salad or sweet sour vegetable.

SWEET PICKLED BEANS

1 peck of string beans
1 qt. vinegar
1 qt. water
1 lb. sugar
1 tablespoon cloves
1 stick cinnamon (broken)

Wash and pick over the beans, string and cut. Boil in salt water (1 teaspoon to 1 quart of boiling water), until tender. Drain and spread out to dry; then pack into air-tight cans. Boil the rest until a nice syrup is obtained. Let cool, then pour in cans, and seal.

PICKLED ONIONS

4 qts. small white onions
1 cup salt
2 qts. vinegar
2 cups sugar
¼ cup mixed pickle spices

Pour boiling water over onions to cover, let stand 2 minutes, drain, cover with cold water and peel. Let stand in salt water overnight. Place in colander, pour over cold water and drain. Tie spices in bag and boil with sugar and vinegar. Remove spices, throw in onions, let boil up and pour at once to overflowing, in jars and seal.

No. 1 **PICKLED BEETS**

1 qt. cold, boiled beets, sliced
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon brown sugar
1 teaspoon caraway seed
1 pt. vinegar

Boil Beets, page 204, place in crock in layers, sprinkle with salt, pepper, sugar, caraway seed, and cover with vinegar.

No. 2

Scrub thoroughly and boil beets, page 204, until tender and skin them. To 3 cups of the beet water add 1 cup sugar, 2 cups of vinegar, a few cloves and a little mace. Let this come to a boil, add beets. When thoroughly heated put in jars, and seal.

PICKLED CARROTS

2 lbs. prepared carrots
2 teaspoons salt to 1 qt. water
¼ cup mixed spices
1 pt. vinegar
1 pt. carrot water
4 cups sugar

Wash medium sized carrots, cut in half lengthwise, then crosswise in 2-inch pieces. Cook in boiling salted water until tender but not broken. Drain, mix 1 pint liquid from carrots with the vinegar, sugar and spices and boil to a syrup. Add boiled carrots. Let simmer slow several hours, until clear. Bottle while hot and seal.

PICKLED CAULIFLOWER

4 heads cauliflower
1 cup salt
2 qts. vinegar
2 cups sugar
¼ cup mixed pickle spices

Separate flowerettes of cauliflower, add the salt and let stand overnight. Place in colander, rinse with cold water and let drain. Tie spices in thin bag and boil with vinegar and sugar, throw in the cauliflower, boil a few minutes and pour to overflowing in wide mouthed bottles or cans. Seal air-tight.

SAUERKRAUT

15 heads cabbage
2½ lbs. salt
24 tart apples
A wooden stamper
A round board
A small square of cloth
A heavy stone
An 8-gallon stone jar

Select large, heavy cabbages, remove outer leaves, cut in quarters, remove core, and slice very fine on large cabbage cutter. Into a large granite pan, place 5 pounds of the shredded cabbage, sprinkle with ¼ cup of salt, mix thoroughly and then pack into the large crock; add, if desired, a cup of apples, cut fine and then pound and stamp down the cabbage with a wooden stamper, until the brine flows and covers the cabbage. Mix another 5 pounds of cabbage and ¼ cup of salt, and pack again into crock, cover with 1 cup chopped apples and pound as before until covered with brine.

Continue until all cabbage is used, always pounding until covered with brine. Now cover with cabbage leaves, lay on the fitted square of cloth, then the board and stone, to help keep the contents under brine. Use large crock and leave enough space on top for the cabbage to swell or ferment, without overflowing.

Put in a warm place to ferment. In two weeks examine, remove the scum, if any; wash cloth, picking it up at the corners to catch all of the scum; wash board, stone and sides of crock; cover again with cloth, board and stone; then remove to cool place and remove scum and wash cloth, etc., weekly.

Or pack, when fermented, in jars. Cover with the brine, heat thoroughly in a water bath and seal, page 587. If not enough "Kraut" brine, mix ¼ cup salt with 1 quart of water.

SALTED BEANS OR CORN

String beans and corn may be preserved for winter use in stone jars by packing in salt or brine, 1 pound salt to 4 pounds beans.

Salted Beans—Beans should be left whole or cut in 2-inch pieces or lengthwise and prepared for cooking and blanched 3 minutes. Sprinkle a layer of salt at the bottom of the crock, then a layer of beans, then salt and repeat until the jar is full, top layer salt. Place plate over top of beans, to press down well. Let stand overnight. If sufficient brine has not formed in 24 hours, add 1 pound salt to 2 quarts water and pour enough of this brine over beans to cover well. Cover with cloth, then plate or board and a weight. Wash off cloth if scum arises. When ready to use soak overnight and cook as fresh beans.

Salted Corn—Husk the ears of corn and remove the silk. Cook in boiling water for about 2 minutes to set the milk. Cut corn from cob with a sharp knife. Weight and pack in layers, using 1 pound salt for every 4 pounds of corn. Proceed as with Salted Beans. When ready to use, soak overnight, then prepare as fresh corn.

SALTED CUCUMBERS FOR FUTURE USE

Cucumbers picked fresh from the vines every day may be preserved in strong salt brine and when wanted made into sweet, sour, or mixed pickles. Leave from ¼ to ½ inch stems on cucumbers, wash carefully without removing the prickles, put them, as they are gathered, into a large stone crock. Make enough brine to half fill the crock, which will completely cover the pickles.

Brine—For every two (2) quarts of water take two (2) cups of salt, or enough salt to float an egg. Boil, skim until clear, then cool. When ready to use, soak in cold water until freshened.

CATSUPS AND RELISHES

No. 1 TOMATO CATSUP

30 tomatoes
12 apples
5 green peppers
10 onions
3 cups sugar
5 tablespoons salt
1 teaspoon cinnamon
½ teaspoon cayenne pepper
1 qt. vinegar

Cook first four ingredients until soft, strain through colander, then through sieve. Add the rest and boil slowly for one hour until thick. Bottle while hot, and seal.

No. 2

1 peck ripe tomatoes
4 onions
1 small clove of garlic
2 red peppers, seeded
2 bay leaves
2 tablespoons salt
½ cup sugar
¼ tablespoon cayenne
¼ cup all together, of cassia buds, whole allspice and stick cinnamon
1 pint vinegar

Boil first 6 ingredients until soft, strain through colander and then through sieve. Tie whole spices in bag. Add to strained tomatoes, with sugar. Boil rapidly without scorching, 1½ hours, until thick or reduced ½. Remove spice bag, add vinegar, boil 10 minutes longer or until thick. Bottle while hot, and seal.

No. 1 CHILI SAUCE

18 large tomatoes
6 large onions
2 tablespoons salt
1 cup sugar
1 pint vinegar

Scald, peel and chop tomatoes, peel onions, put through coarse grinder. Boil altogether slowly 1 hour or longer, stirring well, and pour in hot, clean jars, and seal.

No. 2

50 medium ripe tomatoes
10 medium onions
4 red peppers, seeds removed
1 large bunch celery
1 qt. vinegar
1 tablespoon whole allspice
1 tablespoon whole cloves
1 tablespoon whole cinnamon
3 cups sugar
2 tablespoons salt
1 nutmeg, grated

Scald, peel and chop the tomatoes, and put in colander to drain. Chop all the vegetables. Mix and then boil 2½ hours. Tie whole spices in a bag, boil 15 minutes longer. Bottle while hot, and seal.

No. 1 TOMATO RELISH

1 peck ripe tomatoes
2 cups chopped onions
2 cups chopped celery
2 qts. cider vinegar
4 red peppers, chopped fine
2 cups granulated sugar
1 cup mustard seed
½ cup salt
1 teaspoon black pepper
1 teaspoon paprika

Chop and peel tomatoes and put in colander to drain, add rest of the ingredients and fill to overflowing in jars and cover tightly. Ready for use in 6 weeks.

No. 2

1 peck ripe tomatoes
6 large onions
8 red or green peppers
1 bunch celery
¼ cup celery seed
5 cups cider vinegar
2 lbs. sugar
1 cup salt (scant)

Chop tomatoes. Let drain overnight. Put onions and peppers through food chopper. Place in bag overnight with salt, drain. Add celery, cut fine, and celery seed. Boil sugar and vinegar and let cool, and pour cold over mixture. Place in wide mouthed bottles, and seal.

PEPPER RELISH

12 large red peppers
12 large green peppers
15 onions, chopped fine
Vinegar
1 pt. vinegar
3 cups sugar
3 tablespoons salt
3 tablespoons mustard seed

Remove seeds from peppers and chop or grind; mix with the onions and pour boiling water over the mixture. Let stand 5 minuntes, then drain. Make a weak solution of vinegar, taking 1 part vinegar and 2 parts water. Put pepper mixture in the vinegar, let come to a boil; let stand 10 minutes, then drain again. Add 1 pint vinegar, the salt and sugar, let come to a boil, boil 2 minutes, and then bottle and seal.

ENGLISH CHUTNEY SAUCE

1 lb. of apples, chopped
¾ lb. raisins, chopped
1 dozen ripe tomatoes chopped
2 red peppers, chopped
6 small onions, chopped
¼ cup mint leaves, chopped
1 oz. white mustard seed
¼ cup salt
2 cups granulated sugar
1½ qts. vinegar, boiled and cooled

Chop tomatoes. The rest put through the meat chopper. Place in preserving kettle, bring to boiling point. Cook slowly until thick and clear, fill into small, sterilized jars, and seal.

No. 1 CORN RELISH

1 qt. raw corn
3 cups cabbage
1 cup stalk celery
2 red peppers, seeded
2 green peppers, seeded
1 onion
1 cup sugar
2 tablespoons salt
3 tablespoons mustard
3 cups vinegar

Grind or chop the first 6 ingredients, add the rest of the ingredients, cook until corn is tender and bottle, and seal.

No. 2

20 ears corn
1 medium head cabbage
4 green peppers
6 red peppers
4 onions, chopped
1 cup celery, chopped
½ cup salt
2 cups sugar
½ cup flour
½ teaspoon tumeric
¼ lb. mustard
1 qt. white vinegar

Cut corn from cob; cabbage, onion and pepper through food grinder. Mix flour, tumeric and mustard. Stir in the vinegar gradually at first, then let come to a boil. Add the rest and boil ½ hour. Bottle, add more vinegar if necessary. Seal.

CUCUMBER RELISH

2 green cucumbers
1 cup salt
1 cup vinegar
¼ cup sugar
1 pint celery, cut fine
Few grains cayenne pepper
2 tablespoons horseradish
2 tablespoons onion and green pepper, chopped
1 teaspoon pepper

Peel and chop 2 large, thin cucumbers (about 1 pint) add celery. Sprinkle with salt and let stand overnight in cheesecloth bag. Rinse well, drain. Add the rest. Place in small jars. Seal.

GREEN TOMATO PICKLES

1 pk. green tomatoes, sliced
¼ peck onions, sliced
¾ cup salt
4 sharp red peppers, chopped
½ gallon cider vinegar
2 lbs. brown sugar
1 tablespoon white mustard seed
2 stalks celery, cut
2 tablespoons stick cinnamon
2 tablespoons cloves, head removed

Mix tomatoes with ½ cup salt and onions with ¼ cup salt. Let stand overnight, drain. Tie spaces in a bag and place into a kettle

with the vinegar and sugar, heat to the boiling point, add the pickles and let simmer slowly for 20 minutes. Fill into small air-tight cans and keep in a cool place.

SPANISH PICKLE

½ peck green tomatoes
1 dozen red peppers
1 dozen green peppers
1 medium head cabbage
10 large onions
3 tablespoons salt
3 cups sugar
3 cups vinegar
3 tablespoons mustard seed
1 teaspoon tumeric

Put the first 5 ingredients through the food chopper, add the salt, let stand overnight. Drain. Mix with the rest of the ingredients and boil 20 minutes. Pour into jars, and seal.

MOCK MINCE MEAT (GREEN TOMATOES)

1 peck green tomatoes
1 tablespoon salt
4 lbs. sugar
1 lb. raisins, seeded
1 lb. dried currants
1 cup vinegar
1 tablespoon cinnamon
½ tablespoon cloves
2 oranges, rind and juice
1 lemon, rind and juice

Wash, pick over and chop the tomatoes in small pieces. Place in colander, pour boiling water over them 3 times, draining well each time. Remove to preserving kettle, add sugar, raisins and currants, well washed and boil slowly until tender. Add vinegar, let cool, then add the rest. Use as a filling for pie.

BEET AND HORSERADISH RELISH

No. 1

2 qts. boiled beets, chopped
2 qts. cabbage, chopped
1 cup horseradish, grated
2 cups sugar
2 teaspoons salt
Pepper to taste

Boil beets, page 204, mix ingredients, add cold vinegar to cover, and place in gallon jar. Will keep.

No. 2

3 cups cold, boiled beets
½ cup horseradish root
¼ teaspoon pepper
1 teaspoon salt
¾ cup vinegar
2 tablespoons sugar

Boil, peel and chop beets, page 204, and grate the horseradish; season with salt, pepper and sugar. Add all the vinegar, the horseradish and beets will absorb, or mix lemon juice with the vinegar and place in covered jar or glass and it is ready for use. Will keep a long time. Canned beets and bottled horseradish may be used.

CHAPTER XLIV

CANNING FRUITS AND VEGETABLES

GENERAL RULES

Canning fruit is preserving sterilized fruit in sterilized, air-tight jars. Fruits may be canned with or without sugar, if perfectly sterilized, that is, freed from all germ life.

Can each kind of fruit in its season, when it is best and cheapest. Select it under-ripe rather than over-ripe. There are various methods of canning.

1st—Open Kettle Method—The fruit is completely cooked or processed in an open kettle on the stove and put boiling hot to overflowing into *hot sterilized jars*. See page 576 for full directions.

2nd—Cold Pack Method—The *raw* fruit is packed in clean hot jars and is cooked with the syrup in the jars, surrounded by boiling water, steam or processed in the oven. See page 577.

3rd—Hot Pack Method—The food is pre-cooked a short time in an open kettle on the stove, filled boiling hot in scalding hot jars, then cooked in the jars, surrounded by boiling water, by steam or in the oven. See page 578 for full directions.

SELECTING FRUITS AND VEGETABLES

Fill every jar with fruits and vegetables which cannot better be saved by drying or storing in the cellar.

All fruits and vegetables used for canning should be clean, young, sound, freshly picked and not over-ripe. "Speckled" or bruised fruit may be used if imperfect parts are cut away.

It is not necessary to can large quantities of food at a time.

For a small family use pint jars.

It takes 2 pounds of fruit to fill a quart jar.

1 bushel of plums weighs 50 pounds.

1 bushel of pears weighs 48 pounds.

1 bushel of peaches weighs 48 pounds.

1 bushel of apples weighs 44 pounds.

TO STERILIZE JARS, RUBBERS, ETC.

Jars, covers, rubbers and all other utensils, must be sterilized. Wash them thoroughly and rinse in hot water. Place jars on their sides in pan of cold water. Covers may be put into another pan. Bring water to boiling point and let boil 10 minutes. Must remain in hot water until ready to fill. Remove jars by slipping a broad

skimmer underneath. Scald rubbers and let remain in water for 2 minutes. Invert and drain. Dip cups, spoons, and other utensils in boiling water.

TESTS FOR JARS AND RUBBERS

Testing Jars—Test jars and covers for leaks, cracks and flaws by filling with water, adjusting rubbers and cover and inverting. If it leaks, it is an imperfect jar.

Glass Top Jars—Fit top to jar. If top rocks when tapped, it should not be used on that jar. The upper clamp should not be too tight or too loose. Bend it until it goes into place with a light snap.

Screw Top Jars—Use only enameled, lacquered or vulcanized tops. Screw the top on tightly without the rubber. If thumb nail can be inserted between top and jar, the top is defective.

Rubbers—Buy new rubbers every year. A good rubber will return to its original size when stretched; or, fold the ring and press tightly. Then turn it over and reverse, fold in same place. A perfect rubber will show no crease or break.

INVERTING JARS AND TESTING

Place jars with freshly canned fruit or vegetables upside down on a cloth or board with spaces between so they may cool quickly. Shield from drafts, which cause them to crack. If jar leaks remove cover and examine. If cover is not perfect, use another which has been sterilized. In cold pack method, screw on loosely and process or sterilize again 10 minutes. If cover is perfect, remove rubber, place new one on jar, replace cover, and sterilize 10 minutes. If rubber is bulged out, press rubber back in shape while hot, invert, and if jar leaks place new rubber on jar and sterilize 10 minutes.

If jar is not full of liquid when cool, do not open. It will keep. If you wish to refill, however, open jar, refill at once with boiling water to overflowing and tighten cover at once. Keep hars at room temperature for a week or ten days, and wash carefully.

If a can shows signs of fermentation after 2 or 3 days, loosen the covers and sterilize again for a short time.

STORAGE

A cool, dark place is the best for storing canned goods. Store the jars in boxes in which jars were bought. Place jars of berries on their sides for several days before storing, and turn them frequently. This keeps the berries from "floating."

When the fruit is cold wipe the jars with a wet cloth. Paste on gum labels, and put the jars on shelves in a cool, dark closet.

Canned goods will keep in an apartment if stored where it is dark. Window boxes, shirt-waist boxes, trunks and open shelves, equipped with heavy curtains are all satisfactory.

CANNING FRUIT WITHOUT SUGAR

Pick over, wash and cut up the larger fruit. Place fruit in hot jars, as much fruit as possible to each jar. Put rubbers on jars. Set jars and covers on rack in wash boiler. Add enough water to boiler to cover bottom of rack. Put on cover of boiler and heat gradually to boiling point. Boil 20 minutes. Open boiler. Use fruit in one jar to fill the other jars. Place hot covers on jars, but not tight. Add boiling water to cover jars in boiler. Place cover on boiler and boil for 10 minutes. Remove jars from water, tighten covers and cool slowly. Fruit may be used in the winter for jams, pies, puddings, sauces and salads.

TO SAVE SUGAR IN JAMS AND MARMALADES

Adding salt to marmalades or jams saves ½ the ordinary amount of sugar. To every 4 pounds of fruit add 1 teaspoon salt and 2 pounds of sugar. Use any ordinary recipe using ½ the sugar and adding salt. Let stand several weeks before using and the salt cannot be detected.

TO PREPARE THE SYRUP FOR CANNING

Sugar Syrup—Put the sugar and water in the saucepan and stir on the stove until all the sugar is dissolved. Heat slowly to the boiling point and boil gently without stirring, from 1 to 5 minutes. Allow 1 pint of syrup for every quart of large fruit and ½ pint of syrup for every quart of small fruit.

Corn syrup, honey and other syrups may be used.

Directions—Measure syrup and sugar into a preserving kettle. Add water and heat until the sugar dissolves and the syrup boils.

Temperature of Syrup—All syrups when boiling are much hotter than boiling water. Cool a few minutes before pouring the syrup over the fruit in the jar.

Use **thin syrup** for sweet fruit.

Use **medium syrup** for medium fruit.

Use **thick syrup** for sour fruit.

Canning with Sugar—	**Canning with Syrup—**
Thin Syrup—	**Thin Syrup—**
1 qt. water, 2 cups sugar	1 qt. water, 1 cup sugar 1 cup syrup

Thin Syrup—1 quart water, 2 cups sugar.
Medium Syrup—1 quart water, 4 cups sugar.
Thick Syrup—1 quart water, 8 cups sugar.

OPEN KETTLE METHOD

Wash and prepare fruit as for serving. Boil sugar and water to a syrup for a few minutes in an open kettle on top of the stove. Add the fruit, let boil, according to the length of time indicated on the chart, page 577, test if tender with a silver fork. Sterilize jars and keep them in the hot water until ready to fill. Remove from water by lifting jar with a scalded wooden spoon. Set jar in a small pan, place a new scalded rubber ring on jar, and fill jar at once to overflowing with the boiling fruit and syrup. Slip the handle of a silver spoon around the inside of jar, (paddle) to exclude all air,

Fill Jar to Overflowing

and to allow the syrup to circulate around the fruit. Put on sterilized cover and seal at once. The work of filling and sealing must be done rapidly and fruit must be boiling hot when put into jars to avoid introducing microbes floating in the air that might cause the food to spoil. Place the jars on a board, with spaces between to cool quickly. Keep out of drafts. If screw covers are used, tighten them gradually as the glass cools.

Tighten Covers Immediately

Cook only a small quantity of fruit at a time to retain flavor and shape. If a large quantity of fruits is to be canned, it will save time if two or three kettles with syrup (each with enough syrup for 2 cans) are placed on the stove, and the fruit added to each kettle in rotation and at such intervals that when the fruit in one kettle is canned, the fruit in the next kettle will be ready for the jars.

OPEN KETTLE CANNING CHART

The sugar and water must be boiled to a syrup before adding to the fruit.

For 1-Quart Cans	Boil Minutes	Sugar Cups	Water Cups
Cherries, slowly	5	¾	½
Raspberries, slowly	6	1	½
Blackberries, slowly	6	¾	½
Plums, slowly	10	1	½
Strawberries, slowly	8	1	½
Huckleberries, slowly	5	½	½
Small sour pears, whole	30	1	1
Bartlett pears, in halves	20	1	1
Peaches, in halves	8	1	1
Pineapples, cut	15	1	1
Siberian crabapples, whole	25	1	2
Sour apples, cut in quarters	10	¾	2
Ripe currants	6	1	½
Wild grapes	10	1	½
Tomatoes	20	0	½

COLD PACK CANNING

Wash and prepare fruit as for serving, and pack raw into clean, hot jars. If fruit is to be peeled, dip into boiling water until the skins loosen and then into cold water. Pour over hot syrup, leaving from ¼ to 1 inch space at top of jar. Paddle, that is, remove air bubbles by inserting handle of silver spoon close to side of jar, allowing liquid to circulate all through the jar. Adjust new scalded rubbers and tops and only *partially* seal to allow steam to escape and to prevent breakage. Then place jars either on a rack in a boiler, covered with hot water, (water bath), or in a pressure cooker, or in the oven, and process or sterilize according to the length of time indicated in the Charts, pages 582, 587. Remove jars, seal at once and invert to cool.

Pour over the hot syrup

Partially seal the jars

HOT PACK METHOD

In the hot pack method, fruits and vegetables are cooked for a short time on top of the stove in an open kettle (pre-cooked). This method shrinks the food and drives out the air bubbles and takes the place of the former *blanching* and *cold dipping*. Pre-cook *fruits* in boiling syrup, vegetables in boiling water, for the length of time indicated in Charts, pages 582, 587. Pack at once as hot as possible into hot, scalded jars. When processing fruits in water bath, fill jars to within ¼ inch from top; in oven leave inch space. Adjust new, scalded rubbers, and seal *only partially*. When processing in the pressure cooker, fill to top of jar, adding 1 teaspoon of salt to each quart of vegetables, and seal tightly before processing. Process for the length of time indicated in the Charts, pages 582, 587.,

CANNING FRUITS RAW

An easy method of preserving small fruits, such as currants strawberries and raspberries, is as follows:

Look the fruit over and mash each berry thoroughly, or put through food grinder, then take equal parts of crushed berries and sugar and mix together. Pack into sterilized jars, adjust rubbers and partially seal. Place in kettle, on rack, cover with warm water 1 inch above jar, cover kettle, let come slowly to boiling point. Turn out fire, let cool in water. Tighten covers again. The success of this method depends upon mashing each berry and having the sugar thoroughly dissolved before canning.

Cherry Currants are particularly nice done up this way.

Pineapples, sliced, pared, cored, and put through the food grinder or chopped fine and allowed to stand overnight in an equal amount of sugar and then packed in air-tight, sterilized jars keep well and retain their natural flavor.

Rhubarb—Cut the rhubarb when it is young and tender. Wash it thoroughly; cut into pieces 2 inches long; pull off long threads. Pack in sterilized jars, upright position and then cover with fresh cold water. Let stand 10 minutes, drain off water, fill again with fresh cold water to drive out all air bubbles, adjust sterilized rubbers and covers, and seal.

CANNING BERRIES IN HOT SYRUP

Place berries in colander that sets down in a deep pan full of cold water. Lift colander up and down to wash but not to crush the berries. Remove stems. Prepare Syrup, page 575. Pack the berries in hot, sterilized jars, pour in the boiling syrup, close tightly, using new rubbers. Place jars on rack of boiler, with warm water to cover. Cover boiler or kettle, place over slow fire, and gradually

increase the heat to the boiling point. Shut off the fire, let the jars remain in the water until cooled off, then tighten covers.

Raspberries, strawberries, blackberries, blueberries, green gooseberries, cherries and rhubarb may be canned this way.

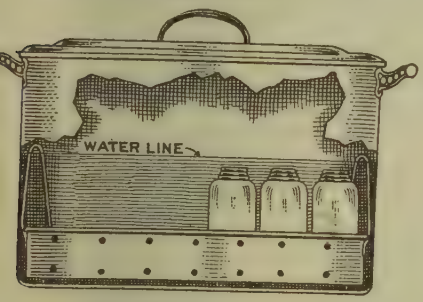
Or, bake in the oven, removing cans when the bubbles just begin to rise to the top of can, and seal at once.

PULPING FRUIT

Place fruit over slow fire, until juices flow; to apples, add a little water. Increase heat until fruit boils. Boil 1 hour, stirring constantly. Place in jars. Sterilize 20 minutes in water bath. Pulped fruit can be used for jams, puddings and pies, sweetened to taste when ready to use.

PROCESSING IN WATER BATH

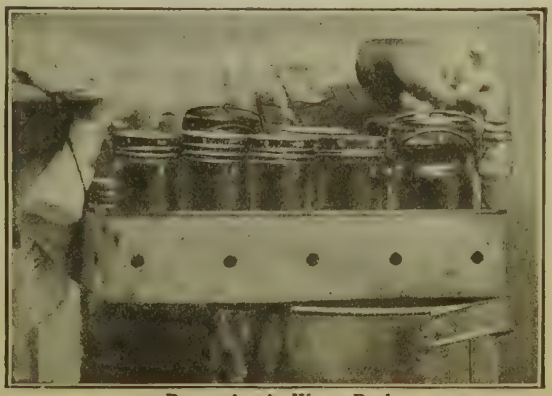
Fruits and tomatoes are successfully processed in a water bath. Non-acid vegetables should be processed in a Pressure Cooker.



Water Bath canning outfit

Rack to keep jars off bottom of boiler

Use a wash boiler, a lard can, a new garbage can, or any straight-sided pail with a close-fitting cover and a false bottom. The false bottom is necessary to keep the cans off the bottom of the boiler, to allow the water to flow freely about them. It may be made of laths nailed together with cross pieces or it may be of perforated cake tins. Wire broilers or cake coolers serve the purpose nicely. Little wire baskets to fit each jar may be bought at a small cost; they can be lifted out one at a time.



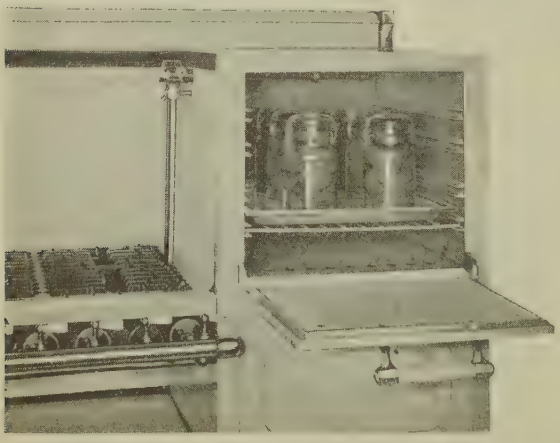
Processing in Water Bath

If a glass top jar is used, snap the top bail only, leaving the lower bail loose during sterilization, as illustrated on page 577, or do not quite *complete* turn screws of screw-top jars, but use only thumb and little finger in tightening it.

Place jars, top up, in a kettle or boiler of warm water. Water is added completely to cover the jars. The water is then brought to the boiling point and kept boiling the length of time given on the time table for sterilizing, page 582. If wash boiler is used, stretch a cloth over the top before putting on the cover, in order to keep in all the steam. Keep the water boiling constantly during the entire length of time for sterilizing, never allow it to drop below the level of the jars. Count time when the water *begins to boil.*

PROCESSING IN OVEN

Cold Pack Method—Non-acid vegetables should be processed in a Pressure Cooker. Fruits and tomatoes can easily be processed in the oven. The oven must be kept at an even temperature. If stove is not equipped with an oven regulator, use a portable thermometer. Fill clean, scalded jars with the raw prepared fruit to within 1 inch of top of jar. Place new scalded rubbers in position, fill jar with boiling syrup to within 1 inch of top, paddle with handle of silver spoon to drive out the air bubbles. Adjust the covers loosely, place jars in pan on center rack in oven, about 2 inches apart so the hot air may circulate around the cans. Process fruits from 250° to 300° F., from 50 minutes to 1 hour, as indicated in the chart, page 582. Remove from oven, seal at once and invert cans to cool.



Processing in oven

Hot Pack Method—Strawberries, apple sauce, rhubarb and tomatoes are pre-cooked in an open kettle on the top of stove a few minutes until thoroughly heated, then packed, boiling hot, into

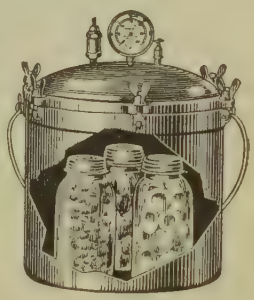
scalded sterilized jars to within 1 inch of the top, new scalded rubbers are adjusted, scalded tops are placed on loosely. Jars are then placed in pan 2 inches apart on center rack in oven. Process from 250° F. to 275° F., for ½ hour to 50 minutes, according to Chart, page 582.

THE PRESSURE COOKER

The Pressure Cooker is a steam-tight kettle. The water at the bottom, when heated to the boiling point turns into steam that cannot escape, and thus creates pressure. This steam, under pressure, has a higher temperature than boiling water, which is 212° F. The temperature in the Pressure Cooker increases as the pressure increases. At 1 to 5 pounds the temperature is 200° to 228° F. At 10 to 15 pounds it is 240° to 250° F.

How to Use the Pressure Cooker—See pages 21-22. Before canning, test cooker to see if *safety valve* does not shift back and forth from the required pressure and thus cause loss of liquid in the cans. Unscrew the body of the valve, stretch the *coil spring* lightly with the fingers, put it back in place. The tension on the little ball is governed by the length of the spring. Remove the ball when not in use. Keep dry; oil slightly to keep from rusting.

PROCESSING IN PRESSURE COOKER



Place filled jars, not too close, on rack in Pressure Cooker on stove, with water to the level of the rack. If material is to be processed longer than ½ hour, a little more water will be required. When canning by the Hot Pack Method, water at bottom of cooker should be boiling hot, jars filled as hot as possible to the top, and tightly covered. When Cold Pack Method is used, leave ¼ to ½ inch space at top of jar and put jar cover on loosely. Put on cover of cooker and adjust clamps by turning opposite thumb screws in rotation, loosely at first and then tighten securely, see page 21. Open the petcock and allow steam to escape at least three minutes.

Close petcock. Bring the pressure slowly to 5 or 10 pounds, as indicated in the Charts, pages 582 and 587, and hold it there by adjusting the heat. Do not allow pressure to run up and down, as this will result in the loss of liquid, see above. At the end of the processing period, turn off fire. Let pressure run down to zero, hold it there for 2 minutes. Open petcock gradually. Remove cover of cooker, take out jars. If Cold Pack Method was used, tighten the loosely-fitted jar covers.

FRUIT CANNING CHART

Fruit	Preparation	Cold Pack Method	Hot Pack Method	PROCESSING				
				Water Bath		Oven		Pressure Cooker
				Cold P.	Hot P.	Cold P.	Hot P.	
Apples	Pare, core and cut into halves, quarters, or smaller pieces.	Pack raw at once in clean scalded jars, cover with boiling hot thin syrup, page 575. Process at once.		15 min.		50 min. 250° F.		10 min. 5 lbs.
Apple Sauce	No. 1, Recipe page 332.		Pack at once as hot as possible into hot scalded jars. Cover tight. Process at once.		5 min.		30 min. 250° F.	5 min. 5 lbs.
Raspberries Blackberries Blueberries Huckleberries	Pick over, wash and hull.	Pack raw in clean scalded jars. Cover with boiling hot medium syrup, page 575. Process at once.		20 min.		1 hour 250° F.		10 min. 5 lbs.
Strawberries (See Recipe, page 585.)	Pick over, wash and stem.		To each qt. add 1 cup of sugar. Let stand until juice flows. Boil rapidly 4 min. Let stand over night. Place berries in hot jars. Pour over strained syrup boiling hot. Process at once.		8 min.		50 min. 250° F.	10 min. 5 lbs.
Cherries	Wash stem and remove pits.	Pack raw in clean scalded jars, cover with boiling hot syrup, using thick syrup for sour cherries, and medium for sweet. Process immediately.	Or remove pits, add sugar as desired, bring to boil and pack. Process immediately.	25 min.	5 min.	1 hour 250° F.	50 min. 250° F.	10 min. 5 lbs.
Peaches Apricots Nectarines	Pour boiling water over until skins loosen. Dip in cold water, remove peel. Cut in halves or slices. Remove pits.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot in which several cracked peach pits have been boiled. Process immediately.		16 min.		1 hour 275° F.		10 min. 5 lbs.
Pineapples	Cut in thick slices, pare, cut in small slices to the core.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.		30 min.		1 hour 275° F.		10 min. 5 lbs.

FRUIT CANNING CHART (*Continued*)

Fruit	Preparation	Cold Pack Method	Hot Pack Method	PROCESSING				
				Water Bath		Oven		Pressure Cooker
				Cold P.	Hot P.	Cold P.	Hot P.	
Pears	Wash pare, if desired. Small pears may be canned whole or cut in halves or quarters.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.	Or if pears are hard or whole, cook for 4 to 8 minutes in boiling hot medium syrup. Pack hot in jars and cover with boiling syrup. Process immediately.	20 min.	20 min.	1 hour 275° F.	1 hour 275° F.	10 min. 5 lbs.
Plums	Wash, stone if desired. If left whole, prick.	Pack raw in clean, hot jars. Cover with medium syrup, boiling hot. Process immediately.	Or, put medium syrup in preserving kettle. Add plums, pitted. Let come to a boil. Pack at once into hot scalded jars, leaving ¼ inch space at top of jar. Process at once. For sour plums, use thick syrup	20 min.	5 min.	1 hour 275° F.	1 hour 275° F.	10 min. 5 lbs.
Rhubarb	Wash, cut into ½ inch pieces with sharp knife.		Measure the rhubarb, place it in a baking dish and add ¼ as much sugar by measure as rhubarb. Cover and bake in the oven at 350° for 30 or 35 minutes or until the rhubarb is tender. but whole. Pack as hot as possible in hot scalded jars. Process immediately.		5 min.		30 min. 275° F.	5 min. 5 lbs.
Tomatoes	Pour boiling water over until skins loosen. Dip in cold water. Cut out stem core, slip off skins. Leave whole or cut in pieces.	Pack raw in clean, hot jars. Cover with hot tomato juice. Add 1 teaspoon salt to each quart. Process immediately.		25 min.	25 min.	30 min. 275° F. then 30 min. 250° F.		15 min. 5 lbs.

CANNING FRUITS

CANNING PEACHES

4 lbs. peaches
2 lbs. sugar
1 qt. water
2 1-qt. jars

Open Kettle Method—Select large, sound freestone peaches. Drop a few at a time into boiling water, when skins loosen, dip in cold water and peel. Cut in halves or slice and remove stones. Boil sugar and water to a syrup in a preserving kettle on the stove, adding a few cracked pits for flavor, add peaches, boil slowly 5 to 8 minutes, or until they may be pierced with a silver fork. Have jars thoroughly sterilized, adjust new scalded rubbers, slip peaches quickly and carefully into the jars with spoon dipped in boiling water, pour the boiling syrup to overflowing over the peaches, and seal at once. Invert to cool.

Cold Pack Method—Prepare peaches, as above. Pack raw in overlapping layers, hollow side down; or slice. Pack in clean, hot jars. Place a peach stone in each jar for flavor, or crack them and boil with the syrup. Pack to within ½ inch of top, adjust new scalded rubbers, pour boiling medium syrup, page 575, over to within ¼ inch of top and partially seal. Process in water bath, pressure cooker or oven.

When Processing in Water Bath—Place jars on rack in boiler, cover completely with warm water. Bring to the boiling point, process 16 minutes. Remove jars, seal at once and invert to cool.

When Processing in Pressure Cooker—Place hot water in cooker just below the level of the rack at bottom. Place jars on rack, not too close together. Close canner, gradually tightening opposite clamps. Place on stove. Open pet-cock, let remain open 3 minutes, close. Let pressure reach 5 pounds and remain there 10 minutes. Turn off heat. Let pressure run down to zero. Wait 2 minutes. Open pet-cock slowly. Remove cans, seal.

When Processing in Oven—Pare and pack peaches in clean, hot jars and adjust new scalded rubbers, filling jars only to within 1 inch of top and pouring the boiling syrup also to within 1 inch of top of jars, adjust cover loosely, place jars in pan 2 inches apart. Place pan in oven on middle rack. Process at 275° F. for 1 hour. Remove from oven. Seal at once. Invert to cool.

CANNING PEARS

Open Kettle Method—Select Bartlett Pears. If desired, add a little ginger root or sliced lemon to syrup. Peel, remove the blossom ends, cut in halves, remove cores with potato ball cutter. Cook 20 minutes in boiling Medium Syrup, page 575, in open kettle until tender. Pack in jars as Peaches, above.

Hot Pack Method—If pears are hard and small, leave whole with stems on, or pare and pre-cook 4 to 8 minutes in boiling Medium Syrup, page 575. Pack hot in jars, cover with hot Syrup, page 584. Process in oven as Peaches, above, 1 hour at 275° F.; in water bath 20 minutes, or in pressure cooker 10 minutes at 5 pounds, as above.

CANNING CHERRIES

Open Kettle Method—Select large, dark, sour cherries, wash. Stem and stone with new steel hair pin or cherry pitter, in colander over preserving kettle to save the juice. Boil thick Syrup, page 575, add cherries and boil five minutes. Pour at once into hot sterilized jars to overflowing, and seal at once.

Cold Pack Method—Prepare as cherries, above. Pack raw in hot jars. If sweet, pour over Medium Syrup, page 575. Process as Peaches, page 584, in oven 1 hour at 250° F., in water bath 25 minutes, or in pressure cooker 10 minutes at 5 pounds.

CANNING PINEAPPLES

Open Kettle Method—Select large pineapples. Cut crosswise in thick slices, and then peel and core. Chop or slice. To 1 quart of pineapples, add 1 quart of sugar. Let stand overnight. Then add cup of water to each cup of the fruit. Pour in preserving kettle, let come slowly to the boiling point, fill in hot sterilized jars to overflowing, and seal at once.

Cold Pack Method—Prepare pineapples as above. Place the raw fruit in hot scalded jars. Pour over boiling Medium Syrup 1 cup of sugar to 1 cup of water. Process in oven 1 hour at 270° F., in water bath, 30 minutes, or in pressure cooker 10 minutes at 5 pounds as for Peaches, page 584.

CANNING STRAWBERRIES

Use only fresh, ripe, firm and sound berries. Wash and stem. To each quart of berries add 1 cup of sugar. Place in enameled kettle, let stand until juice flows. Cook slowly to the boiling point, then rapidly for three or four minutes, then cover kettle and let stand overnight. Drain berries, and pack into hot sterilized jars. Put on new, scalded rubbers. Heat syrup until it boils and pour immediately over fruit to within ½ inch of top of jar. Adjust cover not tight and process in water bath 8 minutes; in steam pressure cooker 5 minutes under 5 pounds pressure; in oven 50 minutes at 250° F.

Remove jars, tighten covers, lay jars on sides and roll every day for a week so the berries will not rise to the top. Wrap jars with paper to prevent bleaching. Store.

NON-ACID VEGETABLE CANNING

As it is impossible to heat water alone to a temperature higher than the boiling point, 212° F., and as it is necessary to have a higher temperature to thoroughly sterilize non-acid vegetables, it is advisable to use the Pressure Cooker when canning vegetables. In a Pressure Cooker, temperatures much higher than that of boiling water can be secured. When canning vegetables, the pressure should be from 10 to 15 pounds, or 240° to 250° F.

Vegetables may be divided into five classes, all being sterilized by practically the same process. 1—vegetable greens; 2—roots and tubers; 3—tomatoes and corn; 4—pumpkin and squash; 5—pod-vegetables, such as beans, peas and okra.

Vegetables should be canned as soon as possible after being picked; the same day is best. Early morning is the best time for gathering them. Do not undertake to can vegetables until you have familiarized yourself with the Chart on page 587, and have studied every detail of the various steps below.

Wash vegetables thoroughly and prepare as for cooking. Great care should be taken in cleaning vegetables, removing every particle of dirt, because the soil may contain harmful bacteria.

Place in preserving kettle, add boiling water, let cook thoroughly for a few minutes. Pack, hot as possible, in clean, scalding hot jars, adding 1 teaspoon of salt to each quart jar; to corn and peas add also 1 tablespoon sugar. Cover to overflowing with water in which vegetables were boiled and if not enough, add boiling water. Adjust new scalded rubbers, and tops, seal tight and process at once in Pressure Cooker, containing boiling water, level with the rack at the bottom. Cover canner, adjust clamps gradually, open petcock and bring the pressure up to 10 pounds, for corn 15 pounds, hold it there for the time indicated in the Chart, page 587. Turn off heat. Let pressure run down to zero, wait 2 minutes, open petcock gradually, remove cover. Take out jars and invert to cool.

VEGETABLE GREENS (SPINACH, DANDELIONS)

This class includes cabbage, brussels sprouts and cauliflower. Greens should be thoroughly washed, then trimmed, old leaves and coarse stems removed, then steamed from 15 to 20 minutes, by placing in colander in a kettle with tightly-fitting cover. Use only an inch of water in bottom of kettle. Water should not touch greens. Pack hot, not too solidly in jars. Add salted boiling water to fill the crevices, place new scalded rubbers and tops in position, seal tight, and sterilize one hour at 10 pounds in Pressure Cooker. Remove jars, invert to cool. Beet or turnip tops may also be canned.

VEGETABLE CANNING CHART

Vegetable	Preparation	Hot Pack Method	Processing in Pressure Cooker
Asparagus	Wash, remove tough ends, cut to fit jar, tie in bundles, or cut in half-inch lengths.	Place bundles in saucepan with boiling water over lower tough portion, cover tightly and boil 4 or 5 minutes. Place hot as possible in clean, scalded jars, tip ends up. Add 1 teaspoon salt to each quart jar, and cover with boiling water. Seal tightly. Process at once. Or, place half-inch lengths in sauce-pan, cover with boiling water. Bring to boil and pack at once in clean, scalded jars. Add salt. Cover with boiling water. Process immediately.	Quart glass jars 50 min. 10 lbs. Pint glass jars 35 min. 10 lbs.
Beans, String	Wash stringless beans, cut in small pieces, crosswise or lengthwise.	Place in saucepan with boiling water to cover. Heat to boiling point. Pack hot in clean, scalded jars. Seal tight. Process immediately.	Quart jars 50 min. 10 lbs.
Beans, Lima	Shell and wash. can only tender beans.	Put in preserving kettle. Cover with boiling water and when boiling, pack at once into hot, clean jars. Add 1 teaspoon salt to each quart. Cover jars tight. Process at once.	60 min. 10 lbs.
Beets	Use baby beets only. Remove skins, as in recipe, page 589.	Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt to each quart of beets. Cover with boiling water and close jar tight. Process immediately.	40 min. 10 lbs.
Carrots	Use only young carrots. Remove tops, scrub. Cook in boiling water until skins loosen. Remove skins.	Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt to each quart of carrots. Cover with boiling water and close jar tight. Process immediately.	30 min. 10 lbs.
Sweet Potatoes	Boil or steam until skins come off easily, peel quickly. Cut in quarters.	Pack hot as possible in clean, scalded jars without water. Close jar tight. Process immediately.	60 min. 10 lbs.
Cauliflower	Wash, break into clusters. Soak in salt water 2 hours. (2 teaspoons salt to 1 quart water).	Place in preserving kettle with boiling water to cover. Heat to boiling point. Pack hot as possible in clean, scalded jars. Close jars tight. Process immediately.	30 min. 10 lbs.
Corn	Use only tender, young sweet corn. Remove husk and silk. Cut from cob.	Place in saucepan with boiling water to cover. Heat to boiling. Pack hot as possible in clean, scalded jars to within ¼ inch of top. Add 1 teaspoon salt and 1 tablespoon sugar to each quart jar. Cover tight and process immediately.	90 min. 15 lbs.
Greens	Pick over, wash in several waters until free from sand. Steam for 15 minutes.	Pack at once in clean, scalded jars. Add boiling water to cover and 1 teaspoon salt to a quart. Close jar tightly and process immediately.	90 min. 10 lbs.
Peas	Use only tender young peas. Shell and wash.	Place in saucepan with boiling water to cover, Heat to boiling. Pack hot as possible in clean, scalded jars. Add 1 teaspoon salt and 1 tablespoon sugar to each quart jar. Cover tight and process immediately.	50 min. 10 lbs.
Pimentos	Use whole, ripe Spanish peppers. Remove skins, as in recipe, page 589.	Pack hot in scalded ½ pint jars. Add ½ teaspoon salt. No water. Close tight. Process at once.	40 min. in water bath
Sweet Peppers	Leave skins on. Steam 5 minutes. Stem and seed.	Pack hot in ½ pint Jars. Add ¼ teaspoon salt, boiling water. Seal. Process at once.	35 min. in water bath
Pumpkin Squash	Cut in half, then in strips. Remove stringy center and seeds.	Steam until tender, put through colander, to remove rind and stringy fibre. If not hot, reheat. Pack hot as possible in clean scalded jars. Add 1 teaspoon salt to each jar. Close jar tight and process immediately.	50 min. 10 lbs.
Sauerkraut	Follow recipe, page 568. When fermented, pack in glass jars.	Put sauerkraut in saucepan. Cover with its own brine. Heat to boiling. Pack in clean, scalded jars, adding salt water, if necessary to cover. Close jars tight and process immediately.	20 min. 10 lbs.

IF **WATER BATH** PROCESS IS USED, follow directions page 579 and process **three times** as long as specified in last column above.

ROOT AND TUBER VEGETABLES

Carrots, Parsnips, Salisfy, Beets, Turnips, and Sweet Potatoes—Grade for size, color and degree of ripeness. Wash thoroughly, use vegetable brush. Place in preserving kettle, add boiling water and cook 15 minutes, or until skins slip off easily; remove skins. Leave vegetables whole or cut in slices, crosswise or lengthwise. Pack at once into hot, clean jars. Add level teaspoon salt to each quart. Adjust new scalded rubbers, fill jar to the top with boiling water, cover and seal tight. Put at once, not too close, on rack in Pressure Cooker, with water to the level of the rack, placing cooker on stove. Put cover on cooker. Open the petcock and allow the steam to escape at least three minutes. Close petcock. Bring the pressure gradually to 10 pounds and hold it there from 30 to 60 minutes, according to size and texture. Let pressure run down to 0 (zero), hold it there for 2 minutes; open petcock gradually. Remove cover of cooker, take out jars. Invert to cool.

CORN

Use only fresh, early sweet corn in the milk stage—Evergreen, Bantam or Country Gentleman. Remove husk and silk. Cut from cob with sharp, thin-bladed knife. Add boiling water to cover and heat thoroughly. Pack at once, hot as possible, in hot, clean jars. Add level teaspoon salt and 1 tablespoon sugar to each quart jar. Adjust new scalded rubbers and fill to within ¼ inch of top with boiling water. Cover jars and close tight. Put at once, not too close, on rack in Pressure Cooker, with water to the level of the rack, placing cooker on stove. Put cover on cooker. Open petcock and allow steam to escape at least 3 minutes. Close petcock. Bring the pressure gradually to 10 pounds and hold it there for 90 minutes. Let pressure run down to 0 (zero), hold it there for 2 minutes; open petcock gradually. Remove cover of cooker, take out jars. Invert and cool.

PEAS

Peas must be very fresh and young. Those that are not full grown are best. Shell and sort. Put those of the same size, ripeness and grade together. Put at once in preserving kettle. Cover with boiling water and when boiling, pack at once, hot as possible, into hot clean jars. Add level teaspoon salt and 1 tablespoon sugar to each quart jar. Adjust new scalded rubbers. Cover jars and close tight. Put at once, not too close, on rack in Pressure Cooker, with water to the level of the rack, placing cooker on stove. Put cover on cooker. Open petcock and allow the steam to escape at least 3 minutes. Close petcock. Bring the pressure gradually to 10 pounds and hold it there for 50 minutes. Let pressure run

down to 0 (zero), hold it there for 2 minutes; open petcock gradually. Remove cover of cooker, take out jars. Invert and cool.

SWEET PEPPERS

Pimentos—Prepare whole, sound, red Spanish sweet peppers that have thick flesh, tough, smooth skins and no ridges. Cut out stems and seeds and pack dry in flattened layers in clean, hot ½ pint jars. No liquid is added, as the processing brings out enough liquid to almost cover them in the jars. Add ½ teaspoon salt to each pint. Adjust new scalded rubbers, cover jars loosely. Let process in water bath 40 minutes, or in Pressure Cooker at 10 pounds pressure, 30 minutes.

Sweet Peppers—Leave skins on green peppers. Steam 5 to 10 minutes, remove stems and seeds. Pack hot in ½-pint jars. Cover with boiling water. ½ teaspoon salt. Close jar tight. Process 35 minutes in water bath.

RED PEPPERS CANNED

1 peck red peppers
1 qt. vinegar
2 cups sugar
Pint glass jars

Wash, remove stem and seeds, cover with boiling water, let stand two minutes, drain. Place in ice water, let stand ten minutes, drain well and pack solidly in jars. Boil sugar and vinegar together very thoroughly, pour over the peppers to cover. Seal, and use as a decoration for salads.

STRING BEANS, CANNED

1½ lbs. green or wax beans
3 cups water
2 tablespoons salt
1 tablespoon vinegar

Select young stringless beans. Wash thoroughly, cut slanting, in inch lengths. Boil water, salt and vinegar a few minutes, add beans. Let boil 7 minutes. Place, boiling hot, in hot sterilized jars, adjust new scalded rubbers, fill jar to overflowing with the boiling brine and seal at once. Enough for 1 quart.

When ready to serve, remove from jar, drain and rinse. Boil in fresh boiling water, from 15 to 20 minutes or until tender.

CANNED BEETS

Select young even sized beets, cut off leaves, leaving 1 inch stem and all of the root to retain the color. Wash and scrub. Cook in boiling water until tender, dip in cold water, and rub off skin with soft cloth. For each quart of boiled beets, take 1 quart water, 2 tablespoons sugar, 2 tablespoons vinegar. Heat water, vinegar and sugar, drop in beets, let heat to the boiling point and pour at once into hot sterilized jars.

May be used for buttered beets, as a vegetable, for salad or with cabbage, and horseradish as a relish.

CANNED BEANS (Salt and Sugar)

1 peck stringless beans 1 pint salt 1 pint sugar

Wash and cut beans in small pieces lengthwise or crosswise. Mix well with the salt and sugar and let stand overnight. In the morning there should be enough brine to cover beans. Pack in fruit jars. When ready to use, drain, rinse, add fresh water, cook 5 minutes, add fresh water and cook until tender.

CANNED CORN (Salt and Sugar)

12 pints corn cut from cob 2 cups sugar
1 cup salt 1 cup water

Use fresh, very tender corn, Bantam, Country Gentleman, or Evergreen. Husk the ears of corn, remove the silk. Cut from cob and scrape off remaining pulp. Place in preserving kettle, add water, salt and sugar, bring to boiling point, let boil 5 minutes, pack into hot sterilized jars. See that the liquid covers the corn and seal at once. When ready to use, place contents of can in kettle, cover with cold water, let stand 2 hours, drain. When ready to serve place in double boiler, heat thoroughly, but do not boil, and add a little milk and butter as for fresh corn.

CANNING TOMATOES (OPEN KETTLE METHOD)

Select smooth, pink, fleshy tomatoes. Wash. Plunge a few at a time in boiling water. When skins loosen, dip at once into cold water. Remove stem core and then skin, cut in quarters or slice. Place in preserving kettle, adding 1 teaspoon salt to 1 quart of tomatoes. Heat slowly, stirring frequently from the bottom. Let boil for 30 minutes. Pour boiling hot into hot sterilized jars, adjust new scalded rubbers and seal immediately.

CANNING TOMATOES WHOLE (COLD PACK METHOD)

Select medium sized, solid tomatoes. Wash. Plunge into boiling water until skins loosen. Dip into cold water, remove stem core and then skin. Cut out stem core. Pack carefully into hot sterilized cans, adding 1 teaspoon salt to each quart can. Pour on hot strained tomato juice or boiling water to within 1 inch of top, if processed in the oven, ¼ inch if in water bath or Pressure Cooker. Adjust new scalded rubbers and put covers on loosely. Process either in a *water bath, in the oven*, or in the *Pressure Cooker*, page 583.

CANNING TOMATO PULP (HOT PACK METHOD)

Wash tomatoes. Cut them up and boil 30 minutes. Rub pulp through a sieve, add 1 teaspoonful of salt to each quart and cook gently, until thick, and reduced to one-half the original bulk. stirring constantly to prevent burning. Put into clean, hot glass jars. Put on rubbers and cover, not tight. Place jars on rack in boiler.

Add warm water until it is 1 inch above jars. Bring gradually to boiling point, let sterilize 20 minutes. Remove from water bath, close jars tight. Invert jars and cool.

Use for making soups and sauces. When ready to use add ⅔ the amount of hot water.

TOMATO PASTE (Italian)

Use thoroughly ripe, sound tomatoes. Wash carefully and cut in thick slices. Sprinkle well with salt, about 1 cup to a bushel. Allow tomatoes to drain several hours, then boil until very soft. Cool and rub through a fine sieve. Strain a second time if not smooth. Place pulp in kettle and boil slowly over a protected flame, until thick, so it will not run, stirring often to prevent burning. Use a bread board or similar hard wood and spread the paste on it, scoring the mass a number of times to hasten the drying process. Place in the bright sun on a clear day or in slightly warm oven and work over the mass frequently to aid the drying. When dry, so it will roll, put in pans and allow it to stand for about 4 days. Then cut and roll in small portions egg shape. Dip these balls in oil, using olive oil or any other good salad oil. Place them in a stone jar and cover with heavy paper or cloth dipped in oil and salt. If they dry out too much pour a little oil over them. Will keep indefinitely.

This paste is used in soups, sauces, with macaroni, etc. When ready to use, dissolve a small amount in boiling water.

CANNING TOMATO SOUP

1 peck ripe tomatoes
4 onions, sliced
12 sprigs parsley
2 bay leaves
1 teaspoon pepper corns
1 teaspoon celery seed
1 teaspoon cloves, heads removed
2 tablespoons salt
1 tablespoon sugar

Wipe tomatoes and quarter, tie pieces in a bag. Boil all together, gently at first until the juices flow, then let simmer for ½ hour. Strain, reheat, bring to the boiling point, pour into sterilized, air-tight jars to overflowing and seal at once. Use for meat, fish or vegetable gravies or for soups.

CANNING VEGETABLE SOUP

1 qt. carrots, diced
1 qt. green beans, sliced
1 qt. wax beans, sliced
1 qt. onions, diced
1 qt. celery, diced
1 qt. corn, cut from cob
1 qt. cauliflower, in pieces
1 qt. potatoes, diced
3 chopped green peppers
2 qts. tomatoes

Wash, pare and dice carrots, onions and potatoes. Scald tomatoes, dip in cold water, remove skins and slice. Cut beans in

½-inch pieces, slanting-wise. Scald peppers, remove stems, seeds, and chop. Mix vegetables in large preserving kettle, add boiling water to cover. Let boil 5 minutes. Pack at once, hot as possible, into clean, hot jars. Adjust new scalded rubbers. Place a teaspoon of salt in each quart jar. Close covers tightly. Process one hour in Pressure Cooker, at 10 pounds pressure, or 3 hours in water bath. Remove jars, invert to cool. When ready to serve, add, if desired, a tablespoon butter, a beef cube, or a little soup stock to each pint.

STORING VEGETABLES

The best vegetables for storing are carrots, parsnips, salsify, beets, turnips, potatoes, onions, cabbage.

All bruised and broken vegetables should be rejected. At least an inch and a half of the tops should be left on beets, carrots and turnips. They should be stored in bins or boxes of sand or garden soil and buried on their sides in rows and surrounded with enough sand or soil between, on top, and below, so they will not touch each other, and the soil should be kept slightly moist. Too much moisture causes the vegetables to rot.

Just before the frost comes, tomato vines which contain a good many green tomatoes may be pulled up, roots and all, and hung stem downward in the cellar where they will ripen gradually.

Onions require thorough curing and drying, and they must be kept in a cool, dry place.

How to Store Potatoes

Pick out and use at once any potato that is injured, scabby or touched with rot or frost.

Do not let storage room get below 32 degrees.

Too dry air shrivels the potatoes; too wet air causes them to rot.

If you have a cement floor lay a few planks over it and put the potatoes on the planks. Do not pile the potatoes too deep. Remember to keep the cellar dark.

DRYING FRUITS AND VEGETABLES

Methods—

1—Sun Drying.

2—Artificial Heat.

3—Dry by Air-Blast (with electric fan.)

TIME TABLE FOR BLANCHING AND DRYING FRUITS AND VEGETABLES

Vegetables	Blanching Time (Minutes)	Drying Time (Hours)	Temperature Fahrenheit
Sweet Corn	5 to 10	3 to 4	110 to 145
Carrots	6	2½ to 3	110 to 150
Onions	5	2½ to 3	110 to 140
Pumpkin	3	3 to 4	110 to 140
Celery	3	3 to 4	110 to 140
Swiss Chard	3	3 to 4	110 to 140
Peppers		Dry thoroughly	110 to 145
Spinach	4 to 6	3	110 to 140
Tomatoes	To loosen skin		110 to 145

Fruits	Not Necessary to Blanch	Drying Time (Hours)	Temperature Fahrenheit
Plums	Cut in halves; remove pits.	4 to 6	110 to 145
Apricots	Cut in halves; remove pits.	4 to 6	110 to 150
Peaches	Cut in halves; remove pits.	4 to 6	110 to 150
Apples	Pare, core, slice, dip in salt water.	4 to 6	110 to 150
Quinces	Pare, core, slice, dip in salt water.	4 to 6	110 to 150
Pears	Peel, core, slice, dip in salt water.	4 to 6	110 to 150

Drying Apples, Pears or Quinces

Pare, core and cut the fruit in eighths, or core and slice in rings, ¼ inch thick. As fast as a small amount is ready, dip for a minute in salt water, 3 tablespoons salt to a gallon of water to prevent discoloration. Drain and dry surface moisture on cheese cloth. Spread on trays, dripping pans or platters or spread cheese cloth on oven racks. Slide into a cold oven, light both gas burners, for 2 minutes, or until the temperature registers 110 degrees F. Then turn off 1 burner, reduce the other to the lowest possible point, leave the oven door open an inch and increase the temperature to 150 degrees F. The fruit will be done when it is so dry that it is impossible to press water out of the freshly cut ends. It should be leathery and pliable but not so dry that it will snap

or crackle. Will take from 4 to 5 hours. Cool quickly. Store in paper bags tying the necks with string, and painting them all over with melted paraffine. In turn store these bags in a tightly closed tin container.

Pears and quinces may be steamed 10 minutes before drying.

To Cook Dried Apples, Etc.

Soak 6 to 8 hours, or overnight, using 3 parts of water to 1 part of apples. 2 hours' soaking is sufficient for thinly sliced apples.

Drying Berries

Blueberries, currants, gooseberries, raspberries, cherries and grapes can be dried. The length of time required is from 6 to 8 hours. Use only sound, unbruised fruit; wash clean and drain on platters and dry in oven. Be careful that the oven is not too warm in the beginning. A low temperature, 110° F., at first, will be about right. If this is gradually raised to 130° F. or 140° F., the best results will be produced.

The drying should be stopped as soon as the berries fail to stain the hand when pressed, but not so hard that they will rattle. This will take from 4 to 5 hours.

To Cook Dried Berries

Soak 4 or 5 hours, using 1½ parts of water to 1 part of raspberries. Cook in the same water 20 minutes and sweeten to taste. Use the same as fresh raspberries.

To Dry Pepper

Dry large whole peppers by hanging them up by their stems on a strong string so they will not touch each other. Hang them near a window where they will dry slowly and evenly. If small, the plant can by hung up to dry.

Dried Sweet Corn

Only very young and tender corn should be used for drying, and it should be prepared at once after gathering. Cook in boiling water 2 to 5 minutes, long enough to set the milk. Cut the kernels from the cob with a sharp knife, taking care not to cut off pieces of the cob. Spread thinly on trays, and place in position to dry. Stir occasionally until dry, from 3 to 4 hours at 110 to 145° F.

The corn may be dried in the sun. Dry in oven 10 to 15 minutes, and finish drying in the sun. Sun drying is not satisfactory in moist weather.

To Cook

Soak the corn for 2 to 4 hours in water, using 2 cups of water to 1 cup of corn. Cook in the water in which it was soaked for an hour or until tender. Then season with butter, salt and pepper, and if desired, a very little sugar.

DRIED PEAS AND BEANS

Allow the peas or beans to mature on the vines. Be sure they are dry before storing. Spread on plates or pans in the attic or in a sunny room, to dry. Stir frequently to prevent molding.

Green peas may be shelled and dried in the same way.

DRIED CELERY LEAVES, PARSLEY, ETC.

Celery tops, parsley, mint, sage, onion tops, pepper and cress are easily dried. Wash them well, drain and wipe off the water, place them on racks and dry very slowly in an oven.

Drying Spinach and Other Greens

Spinach, beet greens, lettuce and chard should be carefully picked over and washed in several waters. These may be steamed 10 minutes before drying. The quicker oven method of drying makes them retain their natural color and flavor better. Only in very hot, dry weather should the sun-dry method be used. Dry thoroughly, and pack.

DRYING MUSHROOMS

Mushrooms should not be peeled. Trim and slice as soon as possible after collecting. Cut the stems crosswise. They should be dried quickly. Spread on a board or paper and set in a sunny place or in an oven, not too hot, lest they steam and spoil. A place near the furnace or in the furnace encasement is best. Rinse well in cold water before cooking.

Morrels (Morchella)—Will dry easily without slicing by putting a string through them, and hanging them up in the kitchen or any dry place.

Shaggy Mane (Coprinus Comatus) cannot be dried.

HOME DINNERS

No. 1

Pot Roast, No. 2, page 163. Beet and Horseradish Relish, page 572.
Boston Browned Potatoes, page 228.
Broccoli, page 203.
Lemon Pie, page 407. Coffee.

No. 2

Sauer Braten, page 165. Potato Dumplings, page 237.
Celery Root Salad, page 291, garnished with Raisins.
Apple Kuchen, page 411. Coffee.

No. 3

Fillet of Beef No. 1, page 161, surrounded with Potato Balls, page 226, and Peas and Carrots.
Pickled Pears, page 558. Lettuce Salad with Thousand Island Dressing, page 281.
Macaroon Dessert, page 375. Coffee.

No. 4 Soup of Tongue Stock with Egg Barley, page 119.
Beef Tongue a la Jardiniere, page 168.
Fancy Fruit Salad, page 296. Ice Cream Sandwich, page 383.
Coffee.

No. 5 Fruit Ice Cocktail, page 312.
Steak for Oven, page 158. Hashed Brown Potatoes, page 229.
Corn on Cob, page 211. Tomato Baskets, page 290.
Clover Leaf Rolls, page 67.
Pêches Melba, page 391. Coffee.

No. 6 Fruit Salad Appetizer, No. 2, page 295.
Roast Lamb, page 172. Mint Sauce, page 127.
Venison Jelly, page 546.
Scalloped Potatoes, page 228. Peas and Carrots, page 208.
Strawberry Shortcake, page 345.
Coffee.

No. 7

Veal Roast, page 175. Potato Pancakes, page 85, with Apple Sauce, page 332.
Bean Salad, page 293.
Lemon Pie, page 407. Coffee.

No. 8 Cantaloupe, page 329.
Potted Veal Steak, page 176. Baked Stuffed Potatoes, page 227.
Asparagus, page 200, with Hollandaise Sauce, page 125.
Marshmallow Pudding, page 368. Coffee.

No. 9 Chicken Noodle Soup, page 100.
Boiled Chicken Roasted, page 185, Sweet Potatoes with Apples, page 233,
String Beans, page 203.
Stuffed Pear Salad, page 299.
Frozen Mocha Pudding, page 396. Coffee.

HOME DINNERS

No. 10

Cream of Asparagus Soup, page 107. Rolled Toast Sticks, page 114.
Broiled Spring Chicken, page 188. New Potatoes, page 226.
Asparagus, with Bread Crumbs, page 200.
Pineapple Aspic Salad, page 300 or 305. Wafers.
Apple Strudel, page 346. Coffee.

No. 11 Sauerkraut Cocktail. Caraway Potato Wafers, page 114.
Roast Duck, page 193. Dressing, page 182.
Green Peppers stuffed with Corn, page 219. Sauerkraut, page 207.
Sweet Potato Croquettes, page 234. Prunes and Apricots, page 335.
Lettuce Salad, page 286. Cheese Sticks, page 268. Lemon Ice, page 392.
White Cake, page 447. Coffee.

No. 12

Broiled White Fish or Trout, page 134, with Parsley Butter, page 127, and Lemon Slices.
French Fried Potatoes, page 229.
Tomato Salad, page 289, with French Dressing, page 276.
Cheese Pie or Kuchen, page 413.

No. 13 **OYSTER SUPPER**

Oyster Cocktail, page 311. Wafers.
Oysters a la Poulette, page 150.
Cold Slaw, page 290. Saratoga Chips, page 229. Pickles.
Date and Walnut Torte, page 452 or 473. Coffee.

No. 14 **CHINESE SUPPER**

Chicken Soup with Noodles, page 100.
Chicken Chop Suey, page 189. Chinese Rice, page 49
Egg Foyung, page 84. Tea Rolls, page 67.
Preserved Kumquats, page 557. Tea.

SUNDAY NIGHT SUPPERS

No. 1

Platter of Sliced Cold Meats. Potato Salad, pages 287-288.
Cheese Sandwiches, pages 320-321. Coffee.

No. 2

Stuffed Tomato Salad, page 289. Milwaukee Rye Bread, page 59.
Spaghetti with Sweetbreads and Mushrooms, page 247. Cheese Biscuits, page 74.
Coffee Kuchen, page 418. Rosettes, page 430. Fruit. Coffee.

No. 3

Deviled Eggs, page 94, in Moulded Salad Jelly; mould in cups, page 305.
Ham or Tongue Salad, page 307. Rye Rolls, page 75.
Blueberry, Cherry, Plum or Peach Kuchen, pages 411-412.
Iced Tea, Cocoa, Chocolate or Coffee, pages 523, 524.

No. 4

Egg and Tomato Appetizer, page 316. Thousand Island Dressing, page 281.
Chili Con Carne, page 260, or Oysters in a Crust Case, page 264.
Pickled Watermelon Rind, page 559.
Tea Biscuits (reheated), page 67. Chocolate Ice Box Cake, page 465. Coffee.

No. 5 **SUNDAY NIGHT SUPPERS**

Canapes of Smoked Salmon, page 315, (not toasted).
Chicken or Sweetbread in Ramikins or Patty Shells, pages 256, 263.
Potato Chips, page 229, or Potato Salad, page 287. Sandwich Pickles, page 563.
Pineapple and Apricot Marmalade, page 556. Potato Biscuits, page 74.
Blitz Torte, page 470, or French Coffee Cake, page 425. Coffee.

No. 6

Fish Glace, page 144.
Cold White Meat of Turkey center of platter, surrounded with Cold Sliced Meat.
Olives, Sweet Dill Pickles, page 563. Potatoes on Half Shell, page 227.
Wheat Muffins, page 75.
Cherry Cream Torte, page 474, or Angel Charlotte Russe, page 375. Coffee.

No. 7

Egg and Ham Appetizer, page 316. Poppy Seed Rolls, page 66.
Baked Ham, page 174. Horseradish Sauce No. 6, page 129.
Graham Gems, page 76.
Grape Fruit Salad, page 296.
Cheese Torte with Zwieback, page 471. Coffee.

No. 8 Soft Shell Crabs, page 154, with Tartar Sauce, page 128.
Cold Roast Chicken, page 191. Blueberry Muffins, page 77.
Sliced Cantaloupe with large Black Cherries, on Lettuce Leaves, with French Dressing, page 276.
Kiss Torte, page 475, filled with fresh strawberries. Coffee.

No. 9

Pickled Herring (page 146) or Fillet. Boiled Potatoes in Jackets, page 226.
Cottage Cheese, page 265. Deviled Eggs, page 94. Rye Rolls, page 75.
Pecan Rolls, page 420. Coffee.

No. 1 **BUFFET SUPPERS**

Appetizer

Pineapple and Grapefruit Cocktail, page 312. Harlequin Appetizer, page 314.

Hot Dishes

Roasted Turkey, page 196, surrounded with Cranberry Moulds, page 333, on Orange Slices. Gravy.
Roast Ham, surrounded with Kumquats, cut as Daisies, on Watercress, page 173.
Biscuits, page 72 or 73. Noodle Ring, page 240, with Mushrooms in center, page 214.
Casserole of Scalloped Sweet Potato and Apple, page 233.

Cold Dishes Lettuce. Tomatoes. Cucumbers.
Green Peppers, stuffed with Cheese, page 291-292. Jelly, page 540.
Pineapple, Grapefruit, Pears, colored, page 331. Nuts, Cheese, page 268

Dessert Fresh Strawberry Ice Cream, page 390.
Cookies, page 488. Coffee.

No. 2

Whole Baked Ham, page 174, slightly warm. Horseradish Sauce, No. 2, page 129.
Shrimp or Lobster Aspic, page 310, with Blackstone Dressing, page 281.
Macaroni with Tomatoes and Mushrooms, page 245.
Tomato and Cheese Ring, page 301. Crescent Rolls, page 66 or 68.
Cheese Carrots, page 270. Milwaukee Rye Bread, page 59.
Orange Ice Cream, page 390, or Vanilla, page 385, with Hot Fudge, page 382.
Almond or Peanut Cookies, page 496. Orange Sticks, page 518.
Quince Cheese, page 521. Stuffed Dates, page 517. Coffee.

No. 3 **BUFFET SUPPERS**

Appetizer Caviar with Egg, page 315 or 318.
Anchovy or Sardellen Butter, page 319, on round of Wheat Bread.
Grape Juice Cocktail, page 312.

Hot Dish Large Vol-au-Vent filled with Sweetbreads and Mushrooms, page 177.
Surrounded with Pink Pineapple Slices, page 331. Rolls, page 67.
Saratoga Chips, page 229.

Cold Platter One Whole Turkey, page 196. One Whole Ham, page 173.
Relishes. Potato Salad, pages 287, 288.
Cranberry Ring, with Preserved Kumquats in Center, page 334.
Toasted Bent Crackers. Camembert Cheese.
Swiss Cheese. Coffee.

Dessert—Chocolate Ice Box Cakes, page 465, filled with Mint Ice Cream, page 388.

LUNCHEON MENUS

No. 1

Fruit Salad, No. 2, page 295. Salted Pecans, page 520. Radishes.
Mock Birds, page 165, as a border around Spanish Rice Ring, page 224, with Green Peas in center.
Meat Gravy. Rye Rolls, page 75. Sweet Pickles, page 562.
Combination Salad, page 290. Vinaigrette Dressing, page 276.
Strawberry or Pineapple Sundae, Nos. 3 or 5, page 383.
Imperial Sunshine Cake, page 458, or Chocolate Torte, page 471.
New Orleans Pralines, page 510. Coffee.

No. 2

Oyster Cocktail, page 311. Crisped Crackers, page 113.
Consomme, page 99, with Egg Custards, page 114.
Fillet Steaks in Bacon Slices, page 158, topped with Sauted Mushrooms, page 214.
Creole Sauce, page 122, or Horseradish Sauce, No. 2, page 129.
French Fried Potatoes, page 229. Asparagus with Browned Bread Crumbs, page 200.
Rye Yeast Rolls, page 66.
Ginger Ale Salad Ring, page 302, with Shredded Lettuce Leaves and Cheese Crabapples, page 270.
Harlequin Frozen Pudding, page 399. Filbert Kisses, page 501.
Chocolate or Date Sausage, page 518. Coffee.

No. 3

Chicken Soup, page 100. Egg Fluff, page 113. Salt Sticks, page 69.
Chicken a la King, page 190, in center of Noodle Ring, page 240, surrounded alternately with Sauted Mushrooms, page 214, and Hot Asparagus Tips in pepper rings.
Cranberry Frappe, page 393. Tea Finger Rolls, page 67.
Pineapple Baskets, page 297. Caraway Potato Wafers, page 114.
Ice Cream Sandwiches, page 401.
Chocolate Dipped Grapes, page 516. Coffee.

LUNCHEON MENUS

No. 4

Chicken Noodle Soup, page 100.
Sea Food in Fish Mould, page 310, surrounded with stuffed Tomato Salad, page 289.
Shoestring Potatoes, page 229. Fresh Peas, page 219. Finger Rolls, page 68.
Filled Kisses, page 501. Wafers, page 514. Coffee.

No. 5

Canape of Chicken Liver Paste, page 316.
Bouillon, page 99, with Egg Balls, page 115. Bread Sticks, page 69.
Olives. Radishes. Celery.
Supreme or Fillets of Chicken, page 190, with Cream Sauce, page 121,
around Asparagus Ring, page 225, buttered Carrots and Peas, page 208, in center.
Clover Leaf Rolls, page 68. Pepper Relish, page 570.
Frozen Cheese Ring, page 304. Wafers.
Chocolate Roll, page 380. Mint Paste, page 513.
Glaced Nuts, page 519. Coffee.

No. 6

Fruit Ice Cocktail, page 312. Artichoke Appetizer, page 317.
Halibut Ring, page 142, center of Shrimp or Lobster with Hollandaise, page 125.
surrounded with Potato Balls, page 226, rolled in fresh chopped or dried sifted parsley.
Cucumber Relish, page 571. Twin Mountain Muffins, page 76.
Fancy Fruit Salad, page 296. Cheese Walnut Creams, page 270.
Crisped Crackers, page 113.
Apple or Cherry Strudel, page 346. Peppermint Wafers, page 514.
Coffee.

No. 7

Cream of Corn Soup, page 108. Croutons, page 113. Olives. Radishes.
Stuffed Lamb Chops, page 171, platter garnished with Mint Jelly, page 546, in small
moulds on Orange Slices.
Tomato Souffle Ring, page 225; Cauliflower, page 209, in center;
Cream Sauce, page 121; border of Potato Puffs, page 231.
Braided Tea Rolls, page 68. Apricot Ice, page 392.
Porcupine Pear Salad, page 299.
Roquefort Cheese on Hot Toasted Rye Bread, page 268.
Date Torte, page 473, with Whipped Cream. Stuffed Prunes, page 517.
Coffee.

No. 8

Tomato and Anchovy Appetizer, page 314.
Spinach in Melon Mould, page 224, surrounded with Egg Timbales, page 253, on thin
rounds of Broiled Ham. Hollandaise Sauce, page 125.
Sweet Potatoes, Southern Style, page 233, with a border of Peaches, hollow side up
filled with Currant Jelly. Parker House Rolls, page 67.
Grape Fruit Jelly Ring, page 302. Grape Fruit and Malaga Grapes, in center.
Salad Dressing, page 284. Cheese Puffs, No. 1, page 268.
New York Ice Cream, page 385, in Melon Mould,
garnished with Strawberry Ice Balls, page 392.
Chocolate Balls, page 518. Coffee.

LUNCHEON MENUS

No. 9

Salad Platter with Fresh Sliced Cucumbers, No. 2, page 287, down center, garnished with Chopped Red and Green Peppers, surrounded with Fancy Fruit Salad, page 296, garnished with long, curled, fresh Cucumber Rinds, and Kumquats, with peel cut and rolled to represent flowers.

Chicken Soup, page 100. Bread Sticks, page 69. Olives.
Sugared or Salted Almonds, page 520.

Platter of Lobster, page 152; and Chicken, page 185, diced; and Sauted Mushrooms, page 214, with Hollandaise Sauce, page 125, in center of Noodle Ring, page 240, surrounded by Hot Peas, page 219, in Scooped-out Tomatoes.
Parker House Rolls, page 67.

Dessert of Strawberry Cream, page 377, prepared in spring form surrounded with Lady Fingers, and garnished with Fresh Strawberries.
Coffee. Stuffed Figs, page 517.

No. 10

Tomato Basket Appetizer, page 317. Crisped Crusts, page 113.
Cream of Asparagus Soup, page 107.
Salted Almonds, page 520. Celery.

Chicken Livers, Sauted, page 194. Baked Sweetbreads, page 177, and Mushrooms, Sauted, page 214, placed at intervals around Wild Rice Ring, page 224.
Green Peas, page 219, in center. Potato Parker House Rolls, page 67.

Chicken Mousse Ring, page 261. Bowl of Cream Fruit Salad Dressing, page 284, in center, surrounded with Fruit Salad, page 295.
Cheese Sticks, page 268.

Balls of New York Ice Cream, page 385, rolled in fresh grated cocoanut.
Small Cakes, page 484, with Mocha Icing, page 433, sprinkled with chopped Pistachio Nuts.
Almond Toffee, page 512. Coffee.

No. 11

Avocado Cocktail, page 311, and Rolled Toast Sticks, page 114, Spread with Anchovy Butter, page 319.
Bouillon, page 99, with Egg Custard, page 114.

Lobster Thermidor, page 153. Shoestring Potatoes, page 229.

Frozen Fruit Salad Ring, page 304, Swedish Wafers. Coffee.
Indians, page 485, and Mocha Cakes No. 4, page 484.

No. 12

Lobster Bisque, page 111.
Tongue, page 168, with Sweet-Sour Sauce No. 2, page 124, surrounded by Broiled Sweetbreads, page 177.
Border of Sweet Potatoes in Apples, page 233.

Vegetable Platter: Broccoli, page 203, placed like spokes of a wheel, center of Mushrooms Sauted, page 214.
Parker House Rolls, page 67.

Frozen Cheese Salad, page 304, surrounded with fresh or canned mixed fruit, or Persimmon and Avocado Slices. Coffee.

LUNCHEON MENUS

No. 13

Shrimp or Lobster Salad, page 310.
Cheese Fingers, page 269. Shoestring Potatoes, page 229. Waffles, page 87. Coffee.

No. 14

Fried Oysters, page 149, in center of platter, surrounded by Fried Scallops, page 151, with a border of Fried Smelts, page 138.
Parker House Rolls, page 67. Vegetable Aspic Salad, page 305.
Individual Lemon Pies, page 402-407, (Shells made over Muffin Pans). Coffee.

SUMMER LUNCHEON MENUS

No. 1

Jellied Chicken or Beef Bouillon, page 100, with Wafers.
Ribbon Sandwich Surprise, page 325. Salted Almonds, page 520.
Iced Coffee. Raspberry Ice, page 392.
Small Frosted Cakes, page 484.

No. 2

Cantaloupe with Watermelon Balls and Blackberries, page 298.
Sweetbread Salad, page 306. Cheese Puffs, page 269.
Iced Coffee or Tea. Peach Ice Cream, page 390.
Imperial Sunshine Cake, page 458.

No. 3

Fruit Soup, page 105.
Milwaukee Sandwiches, page 327.
Sliced Head Lettuce with Thousand Island Dressing, page 281.
Cranberry Frappe, page 393.
White Cake, page 447, with Cocoanut Frosting, page 436.

No. 4

Sea Food Salad in Fish Mould, page 310.
Blueberry Muffins, page 77.
Strawberry Short Cake Torte, page 477. Iced Coffee or Coffolate, pages 523, 524.

No. 5

Tomato Salad, page 289. Spring Chicken Fried, page 188.
Boiled New Potatoes, page 226. New Green Peas, page 219.
Berry or Peach Shortcake, page 345. Iced Tea, page 524. Rolls, page 68.

No. 6

Green Corn Soup, page 108.
A Poached Egg on a round slice of Boiled Ham, on a round of Hot Toast, with Hot Hollandaise Sauce, page 125, poured over.
Lettuce with Roquefort Cheese Dressing, page 278. Angel Food, page 459.
Iced Coffee or Ginger-Lemon Ice Punch, pages 524, 531.

In Cold Weather—Substitute hot Coffee for Iced Coffee, Chocolate Souffle, page 358, No. 2, for Angel Food.

SUMMER LUNCHEON MENUS

No. 7

Jellied Chicken Bouillon, page 100. Soup Sticks, page 113. Radishes. Olives.
Egg Cutlets, page 251, or Broiled Spring Chicken, page 188.
Asparagus, page 200, with Hollandaise Sauce, page 125. New Potatoes, page 226.
Baking Powder Biscuits, page 72. Carrot Marmalade, page 554.
Chopped Cucumbers in Tomato Jelly, page 301. Cheese Fingers, page 269.
Pineapple Parfait, page 400.
Dipped Strawberries, page 517. Date Macaroons, page 503.
French Iced Coffee — Stir 1 pint of Vanilla Ice Cream until smooth and add to Iced Coffee, No. 1, page 524.

EVENING LUNCH

No. 1

Welch Rarebit, page 271. Checker Board Cake, page 451.
Punch or Coffee, page 522 to 533.

No. 2

Hot Ham Sandwiches, pages 327, or Ribbon Sandwiches, page 325.
Praline Kisses, page 501, or Pinwheel Cookies, page 492.
Root Beer Float, page 531.

No. 3

Sandwich Surprise, page 325.
Coffee. Quick Chocolate Cake, page 446.

CLUB PARTY MENUS

No. 1

Ice Cream, pages 384-401. Small Cakes, pages 482-487.

No. 2

Punch, pages 525-532. Cookies, pages 488-505.

No. 3 Sandwiches, pages 319-327. Coffee.
Ice Cream, pages 384-401. Small Frosted Cakes, page 484.
Petit Fours, page 483.

AFTERNOON TEA OR COFFEE

No. 1

Shrimp Salad, page 310, with Thousand Island Dressing, page 281. Rolls, page 68.
Daisy Torte, page 472, or Butter Horns, page 419, or
Poppyseed Roll, page 424. Coffee.

No. 2 Fancy Open Sandwiches, page 326.
Cheese Torte, page 471, or Himmel Torte, No. 1, page 475,
Or Fudge Squares, page 484. Bohemian Coffee Cakes, page 420. Coffee.

No. 3

Stuffed Olives, Salted Almonds, page 520.
New England Tea Cakes, page 75.
Peach Melba Ice Cream, page 391. Coffee.

AFTERNOON TEA OR COFFEE

No. 4

Bundt Kuchen or Savarin, pages 424, 425. Coffee.

CHILDREN'S LUNCHEON

Bouillon, page 99. Croutons, page 113.
Chicken Timbales, page 253, or Mousse, page 261.
Mashed Potatoes, with Parsley, page 227.
Jellied Oranges, page 370.
Bread and Butter Sandwiches, page 319. Or Orange and Nut Bread, page 64.
Sunshine Cake, page 458, with Marshmallow Frosting, page 440.
Vanilla Ice Cream, page 385, with Hot Chocolate Fudge, page 382.
Daisy Cream Candy, page 510.

CHILDREN'S BIRTHDAY MENUS

No. 1

Animal Shaped Peanut and Jelly Sandwiches, pages 320, 324.
Milk or Orangeade. Birthday Cake with Candles, page 458.
Junket Custard, page 363. Marshmallows.

No. 2

Little-Men-and-Women-Shaped Egg or Fruit and Nut Sandwiches, pages 319, 324.
Milk or Cocoa with Whipped Cream. Birthday Cake with Candles, page 447.
Pineapple Milk Sherbet, page 394. Hard Candies.

SCHOOL LUNCH MENUS

No. 1

Peanut Butter or Jelly Sandwiches, pages 320 and 324.
Milk or Cocoa, (in Hot-Cold bottle).
Ginger Bread, page 454, or Cocoa Bread, page 60.
Apple, Pear or Peach.

No. 2 Sliced or Ground Meat or Egg Sandwiches, pages 319-323.
Fruit—Orange, Banana, Tomato, or Berries.
Milk or Chocolate, (in Hot-Cold bottle).
Cookies, page 488, Cup Cakes, page 487, or Plain Cake, page 445.

HOLIDAY MENUS

ST. VALENTINE'S DAY MENU

Cream of Tomato Soup, Topped with Pop Corn, page 107.
Heart Shaped Toast, page 70. Radishes and Celery.
Mashed Potatoes, page 227, surrounded alternately with Lamb Chops, page 171.
and Carrots and Peas, page 208, in Heart Shaped Paper or Timbale cases,
Heart Shaped Bread and Butter Sandwiches.
Butterfly Salad, page 298, with Thousand Island Dressing, page 281.
Cranberry Frappe, page 393, with Cocoanut Kisses, page 501.
Love Nuts and Coffee.

WASHINGTON'S BIRTHDAY LUNCHEON

Halves of Oranges, with Maraschino Cherries in Center.
Chicken a la Maryland, with Drum Sticks, page 186.
Southern Sweet Potatoes, page 233. Virginia Corn Bread, page 64.
Cherry Salad, page 298. Boston Brown Bread, page 65.
Chocolate Log Cake, (Chocolate Roll), page 380.
Nuts, Raisins, and Coffee.

SAINT PATRICK'S DAY PARTY

Halves of Grape Fruit with Green Maraschino in Center. Olives, Celery and Nuts.
Cream of Spinach Soup, page 108, with Shamrock Shaped Toast.
Pork Chops with Apples, page 173. Onions and Green Peppers, page 218.
O'Brien Potatoes, page 230. Clover Leaf Rolls, page 68.
Shamrock Salad, page 292, with Irish Dressing, (Vinaigrette), page 276.
Salted Wafers.
Erin Ice (Mint Sherbet), page 394, or Blanc-Mange, page 362,
with a bit of the "Ould Sod," (Grated Sweet Chocolate).
Potato Chocolate Torte, page 479. Mint Wafers, page 514. Tea.

LENTEN MENUS

No. 1

Cream of Celery Soup, page 108.
Stuffed Tomatoes, page 222. Potatoes on the Half Shell, with Cheese, page 227.
Waldorf Salad, page 295. Rye Rolls, page 75.
Chocolate Bread Pudding, page 342. Coffee or Tea.

No. 2

Fish Chowder, page 112.
Green Bean Salad, page 293, or Broccoli, page 203, Vinaigrette Dressing, page 276.
Bread and Butter Sandwiches.
Prune or Date Whip, page 368. Coffee.

No. 3

Fish with Horseradish Sauce, page 141.
Mashed Potatoes, page 227. Celery Cabbage Salad, page 291.
Kneipp Bread, page 62.
Lemon Pie, page 407. Coffee.

EASTER DINNER MENU

Halves of Grape Fruit, page 329. Salted or Sugared Nuts, page 520.
Crown of Lamb, page 172, with New Potatoes, page 226, in center, surrounded
by Peas in Timbale Cases, page 264.
Hot Cross Buns, page 418, Mint Jelly, page 546, or Mint Sherbet, page 394.
Water Lily Salad, page 294. Cheese Fingers, page 269.
Orange Ice Cream, page 390, or Easter Egg Dessert, page 371.
Small Mocha Cakes, page 484.
Tutti Frutti Creams, page 516. Coffee.

PASSOVER (SEDER) SUPPER

Salted Almonds, page 520. Matzos.
Individual Charocis Appetizer, page 318, in half lemon shell, surrounded by a quartered hard boiled egg, thin slice of horseradish root, sprig of parsley and radishes on a bed of Water Cress. Serve with Salt Water.
Soup, page 98, with Matzos Balls, page 117.
Spring Lamb, page 172, or Spring Chicken, page 188.
New Potatoes with Chopped Parsley, page 226. Fresh Asparagus, page 200.
Fresh Peas, page 219. Fresh Fruit Salad, page 296.
Matzos Torte, page 477, or Matzos Sponge Cake, page 460, or Kiss Torte, page 475. with Fresh Strawberry Filling, page 439.
Strawberry Ice, page 392.
Stuffed Prunes, page 517. Nuts and Raisins.
Ceremonial Wine or Grape Juice.

THANKSGIVING DINNER

Cream of Oyster Soup, topped with Whipped Cream, page 110.
Celery. Salted or Sugared Almonds, page 520. Bread Sticks, page 69.
Roast Turkey, page 196. Chestnut Dressing, page 181, with Giblet or Plain Gravy.
Cranberry Jelly, with Apple Balls, page 333.
Mashed Potatoes, page 227. Sweet Potatoes with Marshmallows, page 233.
Cream Onions, page 217. Squash, page 221.
Relishes. Jelly.
Pumpkin Pie, with Cheese, page 409. Ice Cream, page 385. Cookies, page 488.
Fruit. Coffee. Nuts. Raisins.

CHRISTMAS DINNER

Oyster Cocktail, page 311. Wafers. Clear Soup, with Custard, page 114.
Celery. Salted or Sugared Nuts, page 520. Jelly.
Roast Goose, page 193, with Dressing, page 182, Apple Sauce, page 330.
Sweet Potatoes, Candied, page 232, Mashed Potatoes, page 227.
Baked Squash, page 221, Brussels Sprouts, with Chestnuts, page 205.
Grape Fruit and Malaga Grape Salad, page 296.
Plum Pudding Trimmed with Holly, page 356.
Hard Sauce, page 338, or to Boiled Frosting, page 343, when cool fold in 1 cup cream whipped stiff and ½ cup Sherry Wine Substitute.
Marshmallow Ice Cream, page 386. Mince Pie, page 411.
Mixed Nuts and Raisins.
Fruit. Candies. Coffee.

CHRISTMAS SUPPER

At the Fireplace Compote Tower, page 330.
Sandwiches, Cocoa, Ice Cream and Cake.

WEDDING MENUS

No. 1—Breakfast

Strawberry Cocktail, page 312. Wafers.
Olives. Salted Nuts. Radishes. Celery.
Fried Spring Chicken, page 188.
French Fried Potatoes, page 229.
Carrots and Peas, page 208, in Timbale Cases, page 264.
Luncheon Rolls, page 68.
Head Lettuce, page 286, with Thousand Island Dressing, page 281.
Bride's Cake (White Cake No. 2) page 447.
Groom's Cake, (Wedding) page 456. Coffee.
Candies. Pineapple Punch, page 528.

No. 2—Dinner

Rainbow Ring Appetizer, page 314. Melon Cocktail, page 312. Olives
Cream of Mushroom Soup, page 109, with Whipped Cream, Rolled Toast, page 114
Squabs, page 192, garnished with small moulds of Cranberry Jelly, page 333, on Orange Slices and Parsley.
Platter with Potato Balls, page 226, in center, border of Glazed Sweet Potatoes, page 232, in 2-inch rounds, topped with toasted Marshmallows.
Vegetable Platter—Center Cauliflower with Hollandaise Sauce, page 125, surrounded by buttered Baby Beets, Peas and Carrots cut into long, thin strips.
Potato Flour Muffins, page 77.
Ring of Lime Jelly, page 303, center Casaba Melon Balls or Cubes surrounded by sliced Alligator Pears with French Dressing, page 276.
Rolled Sandwiches, page 325, Roquefort Cheese Filling, page 269.
Biscuit Tortoni, page 401. Marron Glace, page 519. Coffee.
Wedding Cake, page 456.

No. 3—Dinner

Tomato Appetizer, No. 2, page 289. Noodle Soup, page 118.
Platter: Broiled Mushrooms in center, surrounded with Half of Spring Chicken, Broiled, page 188, with a border of Pickled Peaches, page 558, alternating with Cranberry Molds, page 333.
Platter: Broccoli, page 203, with Hollandaise Sauce, page 125 surrounded with Pea Timbales in Individual Ring Molds, filled with diced carrots, page 208.
Crescent Rolls, page 68. Raspberry Ice Balls, page 392.
Sponge Drops, 482. Coffee.

No. 4—Dinner

Celery Root Appetizer with Sea Food.
One-half Inch Slice Boiled Celery Root, page 210, on bed of Shredded Lettuce. Cover this with a slice of fresh Tomato, topped with diced Lobster, Shrimp or Crabmeat and over all pour Thousand Island Dressing, page 281.
Platter: Parsley Potato Balls, page 226, in center surrounded with Squabs Roasted, page 193, bordered with half Peaches decorated with Paradise Jelly, page 545.
Platter: Chestnut Souffle, in Ring Mold, (without sugar) page 359, filled with Brussels Sprouts, page 205, surrounded with Asparagus Tips in Pepper Rings, alternating with Simmered Carrots, page 208, cut in lengthwise strips.
Braided Rolls, page 68.
Angel Food in Ring Mold, page 459, covered with sweetened whipped cream, sprinkled well with Shredded Cocoanut and surrounded with Orange and Raspberry Ice Balls, page 391, center filled with Vanilla Ice Cream, page 385, covered with Butterscotch Sauce, page 382. Coffee.

No. 5—Reception

Open Faced Sandwiches, page 326, Ribbon Sandwich Surprise and Rolled Sandwiches, page 225.
Stuffed Celery, page 318.
Chicken, Sweetbreads and Mushroom Salad, page 306.
Fancy Ice Cream, page 387, or Biscuit Tortoni, page 401.
Praline and Filbert Kisses, page 501. Almond and Penoche Strips, page 497.
Wedding Cake, page 456.
Reception Ice Punch, page 532. Coffee. Candies.

No. 1 **BREAKFAST LUNCHEON COMBINATIONS**

Platter of Mixed Fresh Fruit.
French Omelet, page 95, filled with Sweetbreads with Mushrooms, page 177.
Crisp Bacon, page 90. Clover Leaf Rolls, page 68.
Buckwheat Cakes, page 81. Maple Syrup. Coffee.

No. 2

Orange Juice or Orange Slices.
Platter of Chicken Livers, page 194, Pork Sausages, and Crisp Bacon, page 174, with a border of Scrambled Eggs, page 89.
Corn Bread, page 64. Cream Cheese with Bar Le Duc, page 543. Coffee.

No. 3

Honey Dew Melon.
Sardellen Butter, page 319, on Toast with Poached Egg, page 89.
Bran Muffins, page 76. Grape Fruit Marmalade, page 555.
Doughnuts, page 428, or Berliner Pfann Kuchen, page 429. Coffee.

No. 4

Grape Fruit filled with Black Cherries.
Fillet Steaks with Bacon, page 158, or Broiled Club Steaks, page 157.
French Fried Potatoes, page 229.
Wheat Muffins, page 75. Pecan Rolls, page 420. Coffee.

No. 5

Half Cantaloupe filled with fresh Raspberries.
Platter Mixed Grill of Lamb Chops, page 171, and Chicken Livers, page 194.
Crescent Rolls, page 68. Pineapple and Apricot Marmalade, page 556.
Apple or Plum Kuchen, page 411. Coffee.

No. 6

Strawberries and Cream.
Half of Spring Chicken Broiled, page 188, or Chicken a la Maryland, page 186.
Corn Fritters, page 212. Toast. Currant Jelly or Plum Jam.
Turnovers, page 418.

No. 7

Baked Apples, page 330.
Creamed Chicken, Diced, pages 185 and 121, surrounded by quartered Waffles, page 87.
Waffles with Syrup. Coffee.

No. 8

Berries in Season.
Fried Perch, page 137, or Smelts, page 138. Lyonnaise Potatoes, page 229.
English Muffins, page 70, with Grape Fruit and Orange Marmalade, page 555.
Coffee.

No. 9

Stewed Apricots and Prunes, page 335.
Broiled Salt Mackerel, page 145, with Drawn Butter, page 125.
Boiled Potatoes, page 226. Baking Powder Biscuits, page 72.
German Pancakes, with Lemon Slices and Powdered Sugar, page 83. Coffee.

No. 10

Sliced Peaches. Codfish Balls, page 147.
Tartar Sauce, page 127. Boston Brown Bread, page 65.
Boston Baked Beans, page 201. Wheat Cakes, page 80.
Syrup. Coffee or Tea.

MEATLESS DINNERS

No. 1 Cream of Celery Soup, page 108. Vegetable Charlotte, page 259.
Fruit Salad, page 295. Lemon Pie, page 407.

No. 2

Cream of Barley Soup, page 102.
Spinach, page 220. Baked Potato, page 229. Cold Slaw, page 290.
Pineapple Wheel Cake, page 380.

MEATLESS DINNERS

No. 3 Cream of Mushroom Soup, page 109.
Celery. Radishes. Olives. Vegetarian Chicken, page 262.
Tomato and Cheese Ring, page 301. Blackberry Roll, page 344.

No. 4 Baked Beans with Tomato Sauce, page 123.
Buttered Carrots, page 208. Asparagus Salad, page 293. Junket, page 363.

No.5 Scalloped Noodles, page 241, with Cottage Cheese No. 2, page 265.
Tomato Salad, page 289. Chocolate Cake, page 450.

No. 6 Cream of Asparagus Soup, page 108. Bread Sticks, page 69.
Macaroni with Mushrooms, page 245.
Cucumber and Lettuce Salad, page 305, with Ever Ready Dressing, page 277.
Mock Cherry Pie, page 411. Cheese. Coffee.

No. 7 Cantaloupe. Broiled Mushrooms on Toast, page 214.
Popovers, page 78. One-Two-Three Preserve, page 551.
Broccoli, page 203, or Asparagus, page 200. Pineapple Ice, page 393.

No. 8 Tomato or Sauerkraut Juice Cocktail.
Rolled Toast Sticks, page 114, spread with Anchovy Butter, page 319.
Stuffed Green Peppers with Corn, page 219. Vegetarian Loaf, page 263.
Iceberg Lettuce with Roquefort Cheese Salad Dressing, page 278.
Apple Pie, page 406.

No. 9 Whole Artichokes, page 201, stuffed with Shrimp or Lobster, page 154.
with Hollandaise Sauce, page 125.
Rolled Toast, page 114. Combination Salad, page 290.
Carrots and Peas, page 208. Hot Gingerbread with Whipped Cream page 454.
Tea or Coffee.

No. 10 Escalloped Mushrooms in Ramikins, page 256.
Cheese Sticks No. 3, page 269. Waldorf Salad, page 295.
Frozen Mocha Pudding, page 396.

No. 11 Whole Tomato, stuffed with Cottage Cheese No. 1, page 265,
with Vinaigrette Dressing, page 276.
Vegetable Platter: Cauliflower, page 209, in center,
surrounded by Buttered Beets alternating with Asparagus Tips in
Pepper Rings, pages 200 and 204.
Chocolate Chip Ice Cream, page 388.

No. 12 Onion Soup, page 104.
Golden Glow Salad, page 304, surrounded with Pears and Green Gages, Canned.
Mayonnaise, Quick, page 279 or French Dressing, page 276.
Jelly Roll, page 464.

VEGETABLE PLATE DINNERS

To complete these Menus any desired Cream Soup and Roll may be added.

No. 1 Individual Spinach Ring, page 224, Carrots with Peas in center.
Surrounded with Poached Egg on round of Toast, page 89.
Mashed Potato Rose, through pastry bag, topped with Paprika, page 227.
Baked Onion, page 217. Asparagus Tips, page 200.
Broccoli, page 203. Sauted Mushrooms, page 214. Fresh Sliced Tomato.
Peaches Frozen in Can, Sliced, page 394.

VEGETABLE PLATE DINNERS

No. 2 Cauliflower in center, surrounded with Broiled Mushrooms, page 214.
Buttered Baby Beets, page 204. String Beans, page 203.
Broccoli, page 203. Sweet Potato in Apples, page 233.
Cherry Cream Torte, page 474.

No. 3 Individual mold of Wild Rice, or Spanish Rice, page 224,
surrounded with Stuffed Tomato, page 222,
alternating with Green Pepper stuffed with Corn, page 219.
Apple Dessert No. 1, page 367.

No. 4 Stuffed Baked Potato, page 227.
Broiled Tomato, thick slices. Buttered Squash No. 1, page 221.
Broiled Mushrooms, page 290. Red and White Cabbage, page 290.
Watercress. Caramel Custard, page 361.

PICNIC LUNCHES

Before starting on a picnic, see that the lunch basket is filled with the following articles: Knives, and forks, teaspoons, serving spoons, paper plates, napkins, cups, bottle opener, corkscrew, butter in jelly glasses, salt and pepper, and loaf sugar.

Coffee, cocoa, lemonade, soup or water can be carried in vacuum bottles or in fruit jars. If wanted cold, wrap jars in cold, wet towels and then in newspapers. Cream, milk and butter may be carried in the same way. Place hot foods in hot containers and wrap in many thicknesses of newspaper.

Wash and drain lettuce. Place in clean cloth.

Salads and mayonnaise should be put in fruit or vacuum jars; olives, pickles and relishes in bottles; sandwiches, celery, and hard boiled eggs ready for use in waxed paper.

IMPROMPTU PICNIC LUNCH

The following picnic supplies can be bought at any grocery or delicatessen store if a lunch is to be gotten up in a hurry.

Loaf of bread, ½ pound of butter, American or other cheese, sardines, sliced ham or tongue, olives, crackers, cookies, apples or other fruit, ginger ale or root beer, nuts, raisins, or sweet chocolate.

COLD PICNIC LUNCH

No. 1

Hard Boiled Egg Sandwich, page 323.
Brown Bread and Cream Cheese Sandwich, pages 320, 326.
Deviled Eggs, page 94. Cottage Cheese, page 265.
Bread and Butter Sandwiches.
ndividual Shrimp Aspic, page 310, or in one mould. Fruit, Cake, Coffee.

No. 2

Chicken Salad, page 306. Lettuce Sandwiches, page 323.
Cheese-Peanut Sandwiches, page 321.
Cottage Cheese Sandwiches, page 320. Saratoga Potatoes, page 229.
Salted or Sugared Nuts, page 520. Fruit-Cookies, page 495.
Cocoa and Coffee.

PICNIC DINNERS PREPARED AT HOME

No. 1

Fried Spring Chicken, page 188, or Chicken a la Maryland,
Hot, page 186, or Chicken Paprika, page 187.
Potato Salad, page 287. Thin Bread and Butter Sandwiches.
Jelly, Pickles. Devil's Food, page 449.
Coffee. Candy.

No. 2

Hot Roast Beef, page 161, or Whole Baked Ham, page 174.
Green Bean Salad, page 293.
Hot Baked Potatoes, page 227, (wrapped individually in paper).
Lettuce Sandwiches, page 323. Rye and Wheat Bread—Butter.
Imperial Sunshine Cake, page 458.
Watermelon, Cantaloupe, or Fresh Berries. Coffee.

BONFIRE PICNIC DINNERS

When planning a picnic at which a fire is to be built, and some of the food cooked and served hot, add the following grill implements: Campgrate and broiler or folding grill or bars, frying pan, wire carpet beaters for individual broiling, long-handled fork, asbestos mittens, frying pan, kettle, and coffee pot, auto vacuum freezer for ice cream, bag of charcoal or coke, matches.

BONFIRE SWEET CORN PICNIC DINNER

Boiled Sweet Corn, page 211.
Sandwiches, Ham, page 322. Tongue, page 322. Egg, page 323. Cheese, page 320
Olive, page 321. Sardine, page 323.
Fruit. Pecan Cakes, page 487. Coffee.

BONFIRE HOT SAUSAGE DINNER

Frankfurters, Boiled, page 174, or, Pork Chope, page 173.
Potato Salad, page 287 and page 288. Cucumber Sandwiches, page 326.
Rolls—Butter. Bishop's Bread, page 498.
Jelly Roll, page 464.
Fruit. Coffee. Marshmallows for Roasting, page 520.

BONFIRE STEAK DINNER

Steak, Whole or Cut into Individual Portions, page 610, or Lamb Chops, page 171
Potato Salad, page 287. Or, Macaroni and Cheese, Hot in Casserole, page 245
Or, Spaghetti in Cans, or Baked Beans.
Whole Tomatoes. Stuffed Olive Sandwiches, page 321.
Rye Bread or Wheat Bread, Butter. Jelly.
Fresh Fruit Cake, page 445, with Cherries. Coffee.

BONFIRE MOCK STEAK DINNER

Mock Fillet Steaks, page 158. Or Hamburg Steak, page 159.
Or, Ham and Eggs, page 90, or Bacon and Fried Eggs, pages 174 and 90.
Scalloped Potatoes, or in Casserole, page 228.
Or, Potatoes and Sliced Onions, fried, page 229. Tomato Sandwiches, page 326.
Cold Slaw, page 290. Pickles. Poppy Seed Rolls, page 66.
Butter. Buffeten Kuchen page 452. Pecan Rolls, page 420. Coffee

TO BUILD A CAMP FIRE

Build a camp fire, if possible, in a hollow spot on the ground or pile up stones along three sides to form a low wall to protect the fire from the wind. Gather a number of light, dry chips and twigs. Make a little criss-cross pile of the driest ones and light fire with paper. Add bark and twigs a little at a time and gradually increase the size of the wood until the fire burns briskly. If a grid is at hand, set it firmly over the fire before it gets too hot and start coffee or any food to be boiled on it at once. When flame dies down and a good mass of coal has accumulated, the fire is ready for broiling, roasting or baking. If fire gets too low before food is cooked, add additional wood beneath the hot embers. See that the fire is completely out when leaving the camp. Charcoal or Coke may be used in place of wood.

CAMP COOKERY

To Broil Steak—Take steak 1½ inches thick, cut in pieces for serving, arrange in a toaster and broil from 20 to 30 minutes. See page 157.

To Bake Potatoes—Take medium sized potatoes. Place in ashes close to the bright coals, turning occasionally. Let bake from ¾ to 1 hour.

To Bake Fish in Wrapping Paper—See page 133.

To Broil Rabbit or Squirrel—Dress and skin carefully. Cut off and throw away head and feet. Cut in two pieces through back bone. Place in toaster over coals until brown, turn and brown on the other side. Sprinkle with salt and pepper, then cook slowly over coals, turning occasionally, until done.

To Broil Birds—Pick, clean, sprinkle with salt and pepper and broil slowly over the coals.

To Bake Birds, Fish and Small Game with Clay—Cut open, draw and wash them well. Cover with a thick layer of clay, place in the midst of a hot fire. Let bake about one hour, take out, break open. The skin or feathers will stick to the clay.

To Stew Rabbits—Skin, clean and joint. Season with salt and pepper. Place in kettle, cover with water, let come to a boil. Put fat in frying pan, add meat, and let fry slowly until done, adding boiling water when necessary. Or, let boil slowly until tender.

To Roast Marshmallows—Hold the marshmallows over the bright embers on a long-pointed stick, until browned and roasted.

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IT—is made with cream of tartar, a product of ripe grapes

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When baking powder is called for in recipes in this cook book, use ROYAL and have superior results in flavor, tenderness and delicate textures.

Any one can bake with

ROYAL BAKING POWDER

JUNKET RECIPES *by Mary Mason*

PINEAPPLE VANILLA JUNKET

1 package Vanilla Junket — 1 pint milk — 1 cup grated pineapple

Pour juice off fruit, place pineapple in bottom of individual dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the fruit, and let stand undisturbed in a warm room—about 10 minutes. When firmly set, remove without jarring to a cold place.

ORANGE JUNKET WITH BANANAS

1 package Orange Junket — 1 pint milk — Bananas

Cut bananas in thin slices and place in bottom of dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the bananas, and let stand undisturbed in a warm room—about 10 minutes. When firmly set, remove without jarring to a cold place.

RASPBERRY JUNKET WITH RASPBERRY WHIP

1 package Raspberry Junket — ½ cup marshmallow whip — 1 pint milk — 2 teaspoons raspberry jam

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses, and let stand undisturbed in a warm room—about 10 minutes. When firmly set, remove without jarring to a cold place. Soften ½ cup marshmallow whip with 1 tablespoon boiling water. Stir in the raspberry jam and serve this on top of the junket.

LEMON JUNKET WITH APRICOT WHIP

1 package Lemon Junket — ¼ cup stewed apricots — 1 pint milk — 4 teaspoons sugar — 2 egg whites

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses and let stand undisturbed in a warm room—about 10 minutes. When firmly set, remove without jarring to a cold place. Beat the egg whites until stiff, add the apricots, which have been put through a sieve, and sugar, and mix thoroughly. Pile on top of the junket when ready to serve.

CHOCOLATE PEACH JUNKET

1 package Chocolate Junket — 1 pint milk — Canned peaches

Drain juice off peaches and place one-half peach in bottom of each individual dessert glass. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the peaches, and let stand in a warm room undisturbed—about 10 minutes. When firmly set, remove without jarring to a cold place. Top with whipped cream at serving time, if desired.

VANILLA JUNKET WITH CHOCOLATE SAUCE

1 package Vanilla Junket — 1 pint milk

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses. When firmly set, remove without jarring to a cold place. Top with chocolate sauce.

CHOCOLATE SAUCE

1⅓ cups sugar — ½ cup water — ¾ cup water or rich milk — 4 squares unsweetened chocolate — ½ teaspoon vanilla

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk or water.

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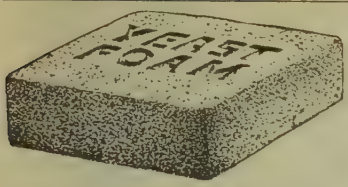
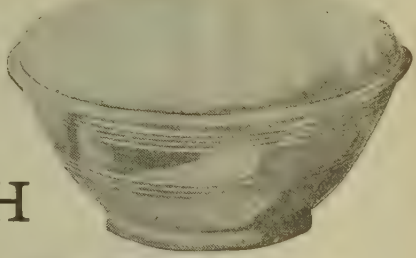
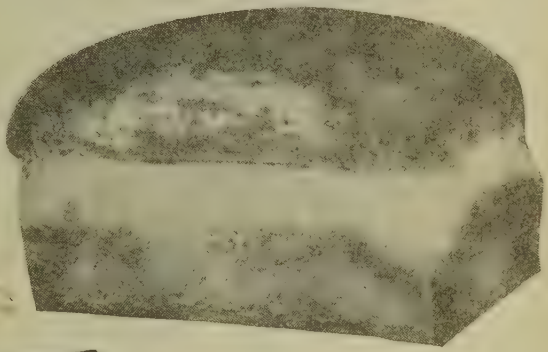


This is the YEAST



That makes the Light, Velvety DOUGH



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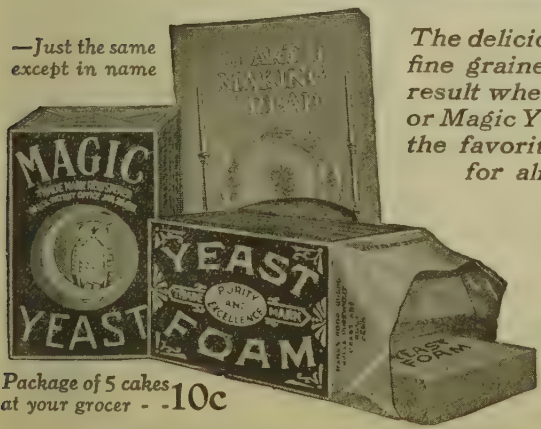
—*Just the same except in name*



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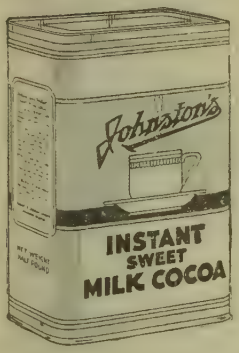

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Three teaspoons INSTANT Cocoa
Add boiling water
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1 oz. envelopes (One envelope to one cup) ½ lb. tins 1 lb. tins

— Some Tasty Instant Cocoa Recipes —

JOHNSTON'S SWEET MILK COCOA FROSTING

2 tablespoons of butter, 1½ cups confectioner's sugar, ¾ cup Johnston's Instant Sweet Milk Cocoa, 2 unbeaten egg whites or cream enough for right consistency to spread.

SWEET COCOA CAKE

½ cup butter, 1 cup brown sugar, 2 eggs, ¾ cup milk, 2 cups cake flour, Pinch of salt, 1 teaspoon vanilla, 1 cup nut meats, 3 level teaspoons baking powder, ¾ cup Johnston's Instant Sweet Milk Cocoa. **Method**—Cream butter and sugar. Add eggs, one at a time. Beat thoroughly. Add cocoa and nuts. Sift baking powder and salt in flour and mix alternately with milk. Bake in a square baking pan 45 minutes (375 degrees F.) and cover with chocolate frosting.

FUDGE

2 cups of sugar, 1 cup of Johnston's Instant Sweet Milk Cocoa, ¾ cup of rich milk.

Method—Boil until it forms a soft ball in cold water. Remove from fire. Add a piece of butter the size of a walnut, 1 teaspoon of vanilla and ¾ cup of nut meats.

Pour in buttered tins and cut in squares before quite cold.

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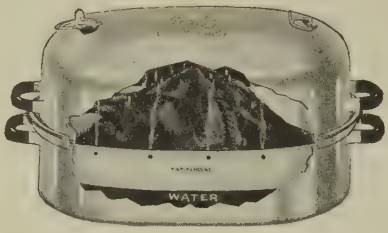

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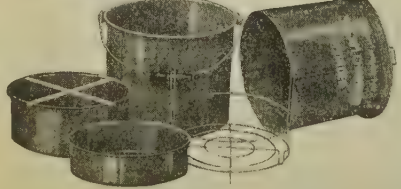

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Established 1856

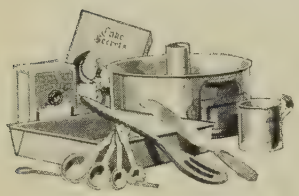
EVANSVILLE, INDIANA

CHOCOLATE FUDGE CAKE
(2 eggs)

2 cups sifted Swans Down Cake Flour
3 teaspoons baking powder
½ teaspoon soda
¼ teaspoon salt
½ cup butter or other shortening
1 cup sugar
2 egg yolks, well beaten
3 squares Baker's Unsweetened Chocolate, melted
1¼ cups milk
1 teaspoon vanilla
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 30 minutes. Put layers together and cover top and sides of cake with fudge frosting. Double recipe to make three 10-inch layers.

Plenty more where this recipe came from! . . . .



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